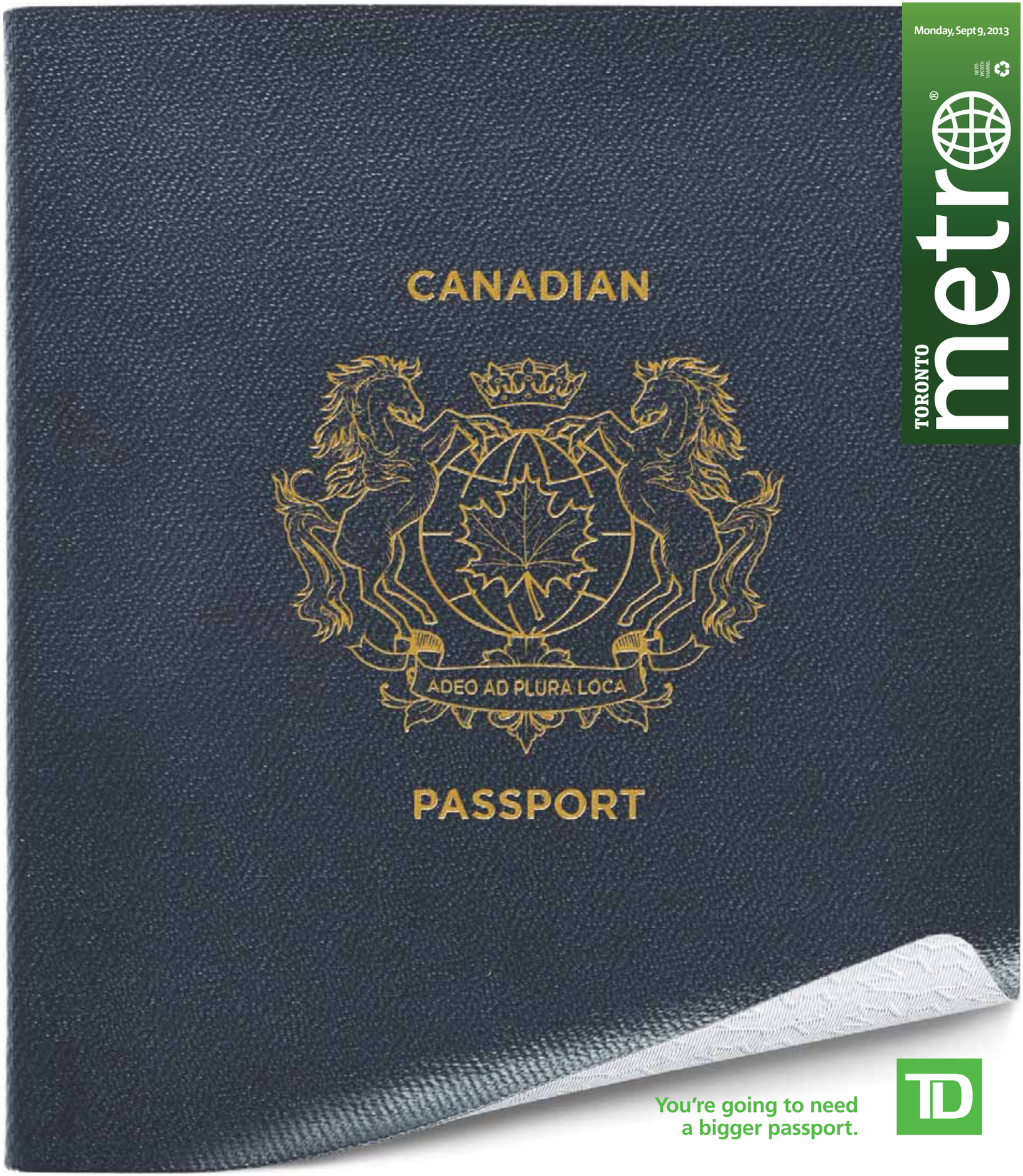
Monday, Sept 9, 2013

TORONTO metro



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STARVATION DEATH THE FOCUS OF INQUEST

MORE THAN A DECADE AGO, THE SYSTEM FAILED YOUNG JEFFREY BALDWIN

PAGE 4

Serena lands yet another U.S. Open title

Williams crowned champion at Flushing Meadows for fifth time

PAGE 38

Aide: Syria did it — that's just 'common sense'

Top White House official joins ongoing push for U.S. strikes after alleged chemical attack by Assad regime

PAGE 10

Sun, sea and a sailboat more trouble than it was worth

Couple's scientific mission turned salvage job goes awry

PAGE 14

A REAL CROWD PLEASER

Sandra Bullock engages fans on the red carpet as she arrives for the screening of the film Gravity at the Princess of Wales Theatre on Sunday during the 38th Toronto International Film Festival. More TIFF coverage on pages 6, 25-28. RENE JOHNSTON/TORSTAR NEWS SERVICE

Mural marking journey's end for soldiers defaced

Highway of Heroes.
Artwork dedicated to fallen troops vandalized with paint

Origins

The mural was completed in 2010 as part of the Graffiti Transformation Project, a community program that hires marginalized youth who face barriers to employment.

A mural created to honour the last stop on the Highway of Heroes in Toronto has been vandalized in what police describe as a "despicable" act.

The colourful mural, featuring a dove and a field of poppies, was painted as a symbol of respect and a call for peace by a community youth group in 2010. Sometime over the weekend, it was obliterated by spray paint, sparking outrage.

"There is an unwritten rule that you don't vandalize any piece of artwork, but something like this is a national treasure. What this person did is basically an act of treason," said Chris Ecklund, CEO and president of Canadian Heroes, an organization dedicated to raising support for Canadian troops and their families.

The mural painted in an alley behind the coroner's office near Yonge and College streets marked the final stop for hearses carrying the remains of fallen soldiers from Canadian Forces Base Trenton. Dozens of families who lost loved ones in Afghanistan have made the journey to the coroner's office.

Ecklund said this was the spot where the colour guard would stand, and the last thing families would see before their loved ones were taken into the coroner's office.

Toronto police constable and legal-graffiti co-ordinator Scott Mills was the driving force behind the mural.

"I have been working with graffiti artists for a number of years, and this is a dedication piece to soldiers that gave their lives," Mills said.

"This is a complete disrespect and a despicable act."

Mills has been in contact with the mural's two main artists. They hope to begin restoration by Sept. 20.

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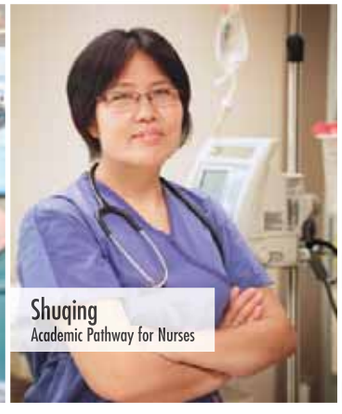

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Brampton doctor sets up hospital for Syrian refugees

Jordanian desert. More than a decade ago, Dr. Lauralee Morris gave up her family practice to help people around the world

The Jordanian desert is hot, flat and dry, and the hospital will be a series of tents, a far cry from the family practice Dr. Lauralee Morris ran in Brampton.

It's been more than a decade since that life, when an urge to give back and explore global health issues prompted Morris to close her practice.

Stints in China, Kenya, Mongolia and South Sudan followed, and on Wednesday night her plane touched down in Jordan, bringing her face to face with the Syrian conflict.

"It's very sunny, very bright ... very dry, very little vegetation," she said over the phone Friday from Azraq, a refugee camp some 50 kilometres from the Syrian border and her home for at least the next two months.

It's being constructed quickly to house some of the more than two million people fleeing the ongoing conflict in Syria.

TORSTAR NEWS SERVICE

Red Cross

Canucks lend a hand

Dr. Lauralee Morris's job is to help build and run a Red Cross tent hospital that will care for as many as 50,000 refugees, although the camp itself is capable of holding 130,000 people and the Red Cross will build up the hospital as the number of refugees grows.

Morris and three others — an administrator, ward nurse and labour and delivery nurse — are the first members of the Canadian Red Cross Emergency Response Unit for the hospital. TORSTAR NEWS SERVICE

Singing for Russia's LGBT community

Choir Choir Choir, Toronto's pop choral group, hosted a sing-in to protest Russia's anti-gay laws as part of International Day of Solidarity for Global LGBT equality at King and John, where many of the TIFF events occur. About 100 protesters showed up to sing the protest song, a modified version of Sting's Russians. Similar protests were held in Montreal and Vancouver. Prime Minister Stephen Harper has said Canadians expect his government to defend human rights.

COLIN MCCONNELL/ TORSTAR NEWS SERVICE

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‘You don’t forget it’: Ex-cop haunted by 5-year-old boy’s starvation death

Coroner’s inquest begins Monday. Child-protection policies likely to be focal point

One of the last people to see Jeffrey Baldwin alive said the five-year-old was so weak and malnourished that as he crawled upstairs to his cold, fetid bedroom in a slow “death march,” his pyjama bottoms fell down with each step. By the time he starved to death, Jeffrey weighed 21 pounds — one pound less than he did on his first birthday.

Jeffrey Baldwin TORSTAR NEWS SERVICE

Jeffrey’s last moments

“He was trying to make his way up the stairs, crawling up the stairs as his little pyjamas were falling off of the hips because he had no hips.”

Toronto police Det. Michael Davis

It’s a disturbing scene that will always stick with retired Toronto police Det. Michael Davis, who investigated Jeffrey’s death 11 years ago and recalled the trial of the grandparents entrusted with his care.

“You deal with it, but you don’t forget it,” he said. “That’s what makes you angry, when you see something like this. What makes me even more angry is the fact that it could have been prevented.”

Elva Bottineau and Norman Kidman were already convicted child abusers when they were granted custody of Jeffrey and three other grandchildren in 2002. But the Catholic Children’s Aid Society of Toronto did not find those records until after Jeffrey’s death.

Bottineau had a Grade 8 education, an IQ of 69 and even by her lawyer’s assessment was “wholly unqualified to raise children.”

The coroner’s inquest into Jeffrey’s death, which starts Monday, is expected to examine child-protection policies.

Bottineau and Kidman were convicted of second-degree murder in 2006 and sentenced to life in prison. Bottineau tried to appeal her conviction up to the Supreme Court of Canada. When the high court refused last year to hear the appeal, the coroner’s inquest could move forward.

Jeffrey died of septic shock from malnutrition and bacterial pneumonia that was caused by sleeping in his own waste.

For reasons that Davis still struggles to understand, Jeffrey and one of his sisters were confined for up to 14 hours a day in their unheated bedroom, which was soaked with urine, stained with feces and littered with bags of filthy diapers, while the other children in the home were apparently well looked after.

The two were called “pigs” and forced to sit on a shoe mat in the “pigs’ corner” and eat leftover scraps from bowls with their hands, court heard from a statement from Jeffrey’s other sister. It would have been clear to anyone who saw Jeffrey that he was in desperate need of help, the trial heard.

THE CANADIAN PRESS

Laura Crilly, left, and Elaine Gauthier, relatives of Jeffrey Baldwin’s other grandmother, Susan Dimitriadis, weep after the verdict was handed down in the case in 2006. BERNARD WEIL/TORSTAR NEWS SERVICE FILE

The Oakville & Milton Humane Society is seeking homes for some of the 300 cats in its care before the rescue. CONTRIBUTED

100-cat catch has shelter seeking homes

A local humane society is seeking foster homes after more than 100 cats were rescued from a Halton Hills house on Thursday.

Acting on a tip, the Oakville & Milton Humane Society transferred 115 cats from the home to its shelter. Ten dead cats were also removed.

Though the cats themselves are not yet up for adoption, the shelter is seeking homes for some of the 300 cats in its care before the rescue — when it was already operating almost at capacity — so more space is available for the cats from Halton Hills. The cats have all been examined by veterinarians and are doing fine, shelter workers said.

“We have had so much interest from people wanting to foster or to adopt (the rescued cats),” shelter spokesperson Brenda Dushko said. “Unfortunately, we’re many weeks away from even the possibility of that at this point,” she said, urging people to consider the other cats instead.

The shelter is also monitoring a humane trap set up inside the home to catch any cats hiding in the house.

“There were so many places that a timid or shy or frightened cat could hide,” Dushko said. “We want to make sure that we have every single cat out of the home.”

She said OSPCA agents are investigating, but she had no information about the residents of the home.

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TIFF Day 4: Star sightings around the city

1 Chastain. ... and her little dog too

Jessica Chastain takes her dog for a walk on Sunday. She is in town for The Disappearance of Eleanor Rigby: Him and Her, a heartwrenching drama from director Ned Benson.

2 Swank. Million-dollar smile

Hilary Swank waves as she gets into an SUV. She is one of the stars of Dallas Buyers Club.

3 Witherspoon. The Oscar winner has landed

Reese Witherspoon arrives in town. She is at TIFF for the film Devil's Knot, about the savage murders of three young children.

4 Poots. Rocking the portrait

Imogen Poots of All is By My Side — the biopic of guitar legend Jimi Hendrix — at the Guess Portrait Studio.

5 Owen and Binoche. Two times the glamour

Clive Owen and Juliette Binoche at the pre-screening reception hosted by Moet and Chandon for Words and Pictures at Blowfish Restaurant.

6 Radcliffe. Boy wizard's all grown up

Daniel Radcliffe takes a question during the press conference for The F Word.

1, 2, 3, 5: CENTRAL IMAGE AGENCY/FOR METRO; 4: LARRY BUSACCA/GETTY IMAGES; 6: GALIT RODAN/THE CANADIAN PRESS

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Look for face tattoo

Warrant issued for wayward robber

A Canada-wide warrant has been issued for a federal inmate police say breached his parole conditions.

Mark McLean, 35, is serving a sentence of three years and 10 months for armed robbery and drug possession for the purpose of trafficking.

Police are asking for help in locating him and say he has been known to travel between Windsor and Toronto.

McLean is described as white, five feet 11 inches tall, about 170 pounds, with a muscular build and shaved brown hair.

Police say he has multiple tattoos, including one between his eyebrows that looks like the letter "S."

THE CANADIAN PRESS

Buckingham on alert

U.K.'s royal police spook the duke

You might forgive Britain's royal protection unit for being a little jittery.

Two days after an intruder was discovered prowling around Buckingham Palace, police confronted Prince Andrew, the second son of Queen Elizabeth II, in the royal residence's garden and demanded he identify himself.

London's Metropolitan Police said in an email Sunday that they had apologized to Andrew, also known as the Duke of York, and the royal responded with a touch of humour.

"I am grateful for their apology and look forward to a safe walk in the garden in the future," he said in a statement.

THE ASSOCIATED PRESS

Pledge to fight on

MPs united over expense scandal

Conservative MPs pledged publicly Sunday not to let the prorogation of the House of Commons put an end to all party efforts to reform the expense account abuses of Parliament.

MPs from the Conservatives, NDP and Liberals were called back briefly on Sunday for what was set to be a closed-door meeting.

But a motion by the NDP to open up the session was unanimously approved, as was the pledge for MPs to continue their work ending the spending shenanigans.

The reason for the sudden display of unity was made clear: MPs from all parties got an earful from angry constituents over the summer over the Senate scandal. THE CANADIAN PRESS

University set to punish two students over pro-rape chant

Saint Mary's. School says investigation may send yet more students to disciplinary hearing

ANDREW RANKIN
Metro in Halifax

Severity

Depending on what comes out of the disciplinary hearing, Saint Mary's University spokesman Steve Proctor said the students could be facing anything from fines to suspension or expulsion.

Halifax's Saint Mary's University is coming down on two of its students for their alleged role in the pro-rape chant that sent shock waves across the country last week — and they might not be the only ones.

University spokesman Steve Proctor said on Sunday that the pair will be facing a disciplinary hearing in the next 10 days after a student came forward with a complaint on Friday.

He also said the investigation could lead to other students being punished.

"If the investigation warrants or something comes out of the hearing that warrants further action, the possibility of further action enhances," said Proctor.

The incident, which was captured on video and led to the resignation of the university's student-union president, Jared Perry, shows a large group of students participating in a chant promoting non-consensual sex with minors.

"Y is for your sister … U is for underage, N is for no consent," the mob sings.

A date for the closed-door hearing has not been released. The disciplinary panel will consist of the school's disciplinary officer, a student representative and a student administrator.

The students' identities are not being released as per the university's confidentiality rules.

Perry's resignation on Friday came as a surprise, as he publicly refused step aside on Thursday.

Carrigan Desjardins has also announced she is stepping down from the position of VP Student Life. Desjardins was responsible for the Saint Mary's University Frosh Week Program.

Jared Perry, who has stepped down as president of the Saint Mary's University Student Association, takes questions from the media on Thursday. JEFF HARPER/METRO IN HALIFAX

University of B.C.

Similar act reported at 2nd school

Officials at the University of British Columbia say they will investigate reports that a chant endorsing non-consensual sex was recited during frosh week.

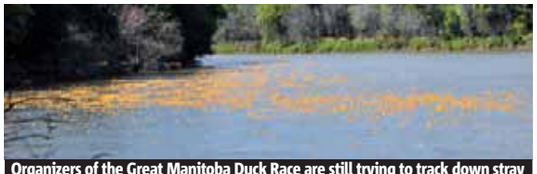
A statement on the university's website says it's alleged the chant was made on one or more buses taking students between events during frosh orientation activities run by the UBC Commerce Undergraduate Society.

Any disciplinary measures will follow the school's policy for non-academic misconduct. The university also says it will take steps to educate students about the harm caused by such behaviour.

"This is of grave concern to all members of the UBC community," the statement said. "Such behaviour would be completely inconsistent with the values of UBC."

THE CANADIAN PRESS

River-chucked rubber ducks buck barrier, run amok



Organizers of the Great Manitoba Duck Race are still trying to track down stray rubber duckies after thousands got loose. COURTESY ASSINIBOINE PARK CONSERVANCY

Organizers of the Great Manitoba Duck Race need help getting their ducks in a row.

More than 13,000 little yellow rubber duckies were released onto the Assiniboine River Saturday as part of a fundraiser for the Assiniboine Park Conservancy (APC), but unfortunately a whole lot of those ducks didn't want to get out of the water once the race was done.

"We had professional-grade oil booms that spanned the width of the river and we had kayakers in there as well, but the current was so strong it pushed some of the ducks over the barrier," explained Laura Curtis of the APC, estimating about 6,500 ducks got loose and continued their leisurely swim down the river.

"It was a windy day … and we didn't have any way of predicting this would happen."

The City of Winnipeg helped the APC collect about 6,000 of the ducks Saturday.

Stuck plucking

6,500

Organizers estimated about 6,500 rubber ducks got loose during the race, with roughly 500 remaining at large Saturday.

SHANE GIBSON/METRO IN WINNIPEG

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‘Common sense test’ points directly at Assad: White House

Syria. White House chief of staff makes case for U.S. strikes in Syria; lawmakers to vote on military action this week

U.S. President Barack Obama’s top aide on Sunday pressed the case for “targeted, limited consequential action” to degrade the capabilities of Syrian President Bashar Assad to carry out chemical weapons attacks as the White House mounted a major push to win support from a divided Congress and skeptical American public for a military strike.

White House Chief of Staff Denis McDonough asserted that a “common sense test” dictates that the Syrian government is responsible for a chemical weapons attack that Obama says demands a U.S. response. But he said the Obama administration lacks “irrefutable, beyond-a-reasonable-doubt evidence” that lawmakers who will start voting on military action this week are seeking.

“This is not a court of law. And intelligence does not work that way,” McDonough said, part of a five-network public relations blitz Sunday to build support for limited strikes against Assad. “The common-sense test says he is responsible for this. He should be held to account,” McDonough said of the Syrian leader who for two years has resisted calls to step down.

The U.S., citing intelligence reports, says sarin gas was used in the Aug. 21 attack outside Damascus, and that 1,429 people died, including 426 children.

Obama has scheduled six network interviews on Monday and then a nationally televised speech from the White House on Tuesday. THE ASSOCIATED PRESS

In this citizen journalism image, provided by The Syrian Revolution against Bashar Assad, which has been authenticated based on its contents and other Associated Press reporting, a Free Syrian army fighter stands on a damaged military tank in Zabadani, near Damascus, Syria, Sunday.

THE SYRIAN REVOLUTION AGAINST BASHAR ASSAD/THE ASSOCIATED PRESS

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An RCMP officer stands near a glider that crashed on the roof of an apartment building and convenience store in Langley, B.C., on Sunday. An air cadet was on a training exercise at the time of the accident. DARRYL DYCK/THE CANADIAN PRESS

Pilot crashes glider into roof of building in B.C.

East of Vancouver. Air cadet only has minor injuries after crashing in residential area beset with power lines

An air cadet from British Columbia has been transported to hospital with minor injuries after his glider crashed into the roof of a convenience store in the Fraser Valley city of Langley.

The incident occurred just before 10 a.m. Sunday about 50 kilometres east of Vancouver, in a residential neighbourhood and near an intersection surrounded by power lines.

Bob Scott, deputy fire chief of Langley City Fire-Rescue, said the building's flat roof covered an area just 18 metres by 7.5 metres in size. THE CANADIAN PRESS

Pilot brought to hospital

Lisa Pilling of the BC Ambulance Service said the pilot was transported to hospital in good condition, meaning his vital signs were stable and in normal limits and was conscious and comfortable, but gave few other details because of privacy issues.

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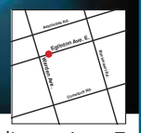

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NSA won ruling on email searches: Report

Activists protest during a demonstration in Berlin on Saturday. German news weekly Der Spiegel reported Sunday that the U.S. National Security Agency can access users' data on all major smartphones.
THE ASSOCIATED PRESS

Surveillance. Permission to search, keep data longer expanded NSA's authority, the Washington Post reports

The Obama administration quietly won permission from a surveillance court in 2011 for the National Security Agency to search deliberately for Americans' communications in its huge databases of intercepted phone calls and emails, according to a published report.

The Washington Post reported Saturday that officials in 2011 got the court to lift the ban on those kinds of searches, which the court imposed in 2008 at the government's request. The court also extended the length of time the NSA is allowed to retain intercepted communications from five to six years.

The search authority has been used, the Post reported, noting that the permission to search and keep data longer expanded the NSA's authority in significant ways without public debate or any specific authority from Congress. The newspaper cited interviews with government officials and documents that include a recently released 2011 opinion by U.S. District Judge John D. Bates, then chief judge of the Foreign Intelligence Surveillance Court.
THE ASSOCIATED PRESS

iPhone, BlackBerry, Android

NSA able to access data on smartphones, report says

German news weekly Der Spiegel reports that the U.S. National Security Agency can access users' data on all major smartphones.

The magazine cites internal documents from the NSA and its British counterpart GCHQ in which the agencies describe setting up dedicated teams to crack protective measures on iPhones, BlackBerry and Android devices.

Northern India. Troops deployed to quell clashes between Hindus, Muslims

Hundreds of troops have been deployed to quell deadly riots and clashes between Hindus and Muslims sparked by the killing of three villagers who had objected when a young woman was being harassed in northern India.

Police said 19 people were killed, including an Indian broadcast journalist, a police photographer and several people who on Sunday succumbed to injuries received a day earlier when the two groups set upon each other with guns and knives in Kawal village, in the state of Uttar Pradesh. The violence quickly spread to neighbouring villages in Muzaffarnagar district Saturday night.

The clashes broke out Saturday after thousands of Hindu farmers held a meeting in Kawal to demand justice in the Aug. 27 killing of three men who had spoken out when a woman was being verbally harassed. THE ASSOCIATED PRESS

Bangladesh

Bloggers indicted for allegedly bashing Islam

A court in Bangladesh's capital indicted four bloggers Sunday for their allegedly inflammatory writings about Islam and its Prophet Muhammad.

Metropolitan Sessions Court Judge Zahurul Haque said he had accepted the charges filed by police in two separate cases, the first to be tried under Bangladesh's recently amended Information and Communication Technology Act.

The accused — Moshiur Rahman Biplob, Subrata Odhikary Shuvo, Russel Parvez and Asif Mohiuddin — are currently free on bail.
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Successful science, adventure mark maiden research voyage

Challenging job.
Couple collects samples to learn more about plastics floating in the oceans

On day 46 of their maiden voyage in the Atlantic Ocean, Matt Rutherford and Nicole Trenholm finished their scientific mission aboard the 42-foot R/V Ault. Then they turned for home.

The next day, they spotted a sailboat. There were no signs of life.

The couple wouldn't reach Bermuda for another four weeks.

The abandoned sailboat became a $45,000 US salvage job that nearly proved disastrous. Add to that a frayed halyard, a dead engine from funky fuel garnered from a passing freighter and days of dead-calm drifting, and it's a wonder the couple made it back in one piece.

This is the story that happened on the way to the other story.

First, the mission.

It started with a 4,074-kilometre beeline to the eastern reaches of the Sargasso Sea. Rutherford, the first to do a solo circumnavigation of the Americas, was captain. Trenholm, a scientist formerly with the National Oceanic and Atmospheric Administration, or NOAA, was in charge of the science.

Their Ocean Research Project was intended to prove that small-scale sustainable oceanographic research is a viable alternative to bigger, better-funded efforts aboard well-staffed vessels.

The two began collecting samples to learn more about plastics floating in the oceans. They compiled data for NOAA, dropped sensors to listen for the ping of tagged fish, and placed 10 hurricane data buoys in storm-prone areas of the Atlantic.

Their main work was plastics. For 28 days, they plied a north-south course in the eastern Sargasso Sea. Every 80 km they deployed a net to capture small particles floating on the top of the ocean.

They filled 40 jars with samples — samples Trenholm will analyze and share with a laboratory in Tokyo, a school program in Mississippi, and others.

The mission was going smoothly — except for nasty run-ins with a Portuguese man-of-war caught in the samples.

"I wore gloves but got a little bit in my eye," she said. "I had to fashion an eye patch. It was heart-shaped, so I like that."

THE ASSOCIATED PRESS

Matt Rutherford and scientist Nicole Trenholm pose for a photo on the R/V Ault, in Annapolis, Md., in this May 6 photo. Their Ocean Research Project was intended to prove that small-scale sustainable oceanographic research is a viable alternative to bigger, better-funded efforts aboard well-staffed vessels. THE CAPITAL/PAUL W. GILLESPIE/THE ASSOCIATED PRESS FILE

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Trying to tow an abandoned sailboat fails

Then came the real adventure.

The sailboat Matt Rutherford and Nicole Trenholm found floating was abandoned in a February storm some 113 kilometres from Bermuda and later reported sunk. The 48-foot Nautors Swan named Wolfhound was floating around the Sargasso Sea, 1,150 kilometres from Bermuda.

They found the owner via the ship's log and contacted him by satellite phone. He offered a $45,000 US reward if they could get the bigger and heavier craft to Bermuda.

Towing the other boat was burning up fuel. So they flagged a freighter and received a batch of old fuel that ultimately killed their engine's injector pump.

Rutherford spent hours trying to fix it. The two realized the risks of trying a salvage job were outweighing the rewards.

After five days towing the Wolfhound, a decision had to be made.

Keep going or cut it free — cut $45,000 free.

Rutherford let it go.

No one noticed the halyard on the mast had wrapped around a light fixture. The next morning they found the line frayed. Then it broke.

No engine. No sail. No sight of land.

It took four days for the seas to calm enough for Rutherford to climb the mast to make repairs. "We travelled 215 miles (346 km) in circles for those four days."

With repairs made and the sails up they headed for Bermuda. Then the wind died for four days. The winds returned and they sailed 160 km a day.

Then dead calm again.

It took eight days to make the last 201 km. And that included getting towed in the last few kilometres in the middle of the remnants of Tropical Storm Dorian.

That was day 73.

They returned to port, nearly broke instead of $45,000 richer, but safe and sound.

THE ASSOCIATED PRESS

In numbers

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The reward offered to the researchers to tow the abandoned boat to Bermuda.

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Decision day in Moscow

The incumbent vs. the maverick.
Strong showing could embolden opposition

Moscow is holding its first mayoral election in a decade. Although an incumbent backed by President Vladimir Putin was expected to win Sunday's election handily, the candidacy of charismatic opposition leader Alexei Navalny is changing Russian politics in ways that could pose a risk for the Kremlin in the months and years ahead.

If Navalny could get more than 20 per cent of the vote or even come close to forcing incumbent Sergei Sobyanin into a run-off, it could embolden the opposition in its efforts to one day drive Putin from power.

A vote seen as unfair could trigger protests, just as reports of widespread fraud in a national parliamentary election in 2011 set off the unprecedented protests against Putin's rule.

Navalny had built an online following through his anti-corruption blog, but it was these protests that cemented his status as de facto leader of the opposition, as he led street marches that attracted tens of thousands of people from across the political spectrum.

During the mayoral race, he introduced grassroots politics to the Russian capital, inspiring thousands of enthusiastic volunteers to join his campaign.

Sunday's election was the first since 2003.

THE ASSOCIATED PRESS

Russian opposition leader Alexei Navalny, with his wife and kids, leave a polling station in Moscow's mayoral election Sunday.
IVAN SEKRETAREV/THE ASSOCIATED PRESS

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Guyana

Judge rules cross-dressing (mostly) not a crime

A judge in Guyana has ruled that cross-dressing is a criminal offence only if done for an "improper purpose" like prostitution. The law has banned males from wearing female attire and vice versa in public or for improper purposes. The justice ruled that people can't be found in violation if they are dressing "for the purpose of expressing or accentuating his or her personal sexual orientation in public."

THE ASSOCIATED PRESS

Bali

Miss World opens after protests by hardliners

The Miss World pageant opened Sunday after protests by Muslim hardliners confined the event to Indonesia's predominantly Hindu resort island of Bali.

The opening ceremony featured Bali's Kecak Dance and a parade of all 131 contestants. Controversy over the pageant has been mounting in Indonesia, which has a reputation as a tolerant, pluralist society.

THE ASSOCIATED PRESS

Italy. Berlusconi turns to human rights court

Former premier Silvio Berlusconi is turning to Europe's human rights court in a bid to avoid a ban on public office and other punishments for his tax fraud conviction, the media mogul's aides said Sunday.

The politician and media magnate was found guilty of artificially inflating the amounts paid for film rights by his Mediaset empire to reduce its tax liabilities. Berlusconi claims he is an innocent victim of magistrates who sympathize with the left, but the verdict was upheld by Italy's top criminal court last month.

His top aide, Angelino Alfano, said the petition to the France-based tribunal shows the case "isn't closed."

Alfano didn't say on what grounds the petition was filed. But, "we are really confident, that at the European level, we can reach a finding of innocence that so far in Italy hasn't been possible," he said.

Italy's Court of Cassation confirmed a four-year prison term — though Berlusconi is unlikely to actually serve it — and also ordered a Milan appeals court to determine the length of a ban on serving in public office from one to three years. THE ASSOCIATED PRESS

Italy's former PM Silvio Berlusconi speaks with supporters in front of his home on July 1 in Milan. PIER MARCO TACCA/GETTY IMAGES

Open minds and good plans help Mumbai couple land smoothly

Narendra and Devangini Patel kept open minds to every opportunity, including training programs, odd jobs and advice from Scotiabank to help them settle quickly.

"Open your mind and meet people, because people here are welcoming and helpful," observes Narendra Patel, reflecting on his success over the past 10 months since he and his wife Devangini emigrated from India.

When they touched down in Toronto, the couple was greeted by friends they had met months earlier in Mumbai. The next day, they roamed the city with a laptop, purchased a cell phone and sorted paperwork for their health cards and residency documents. They also registered with employment agencies to secure odd jobs until they could find work in their own professions.

The Patel's smooth landing was partly thanks to the advice they received when they attended a federal government seminar in India that provided newcomers with guidance on everything from immigration processes to dressing for Canada's climate.

They also met a Scotiabank® representative at the seminar who explained the ***Scotiabank StartRight®*** Program[1] which includes a free day-to-day bank account for one year[2], a wide range of credit card options[3] and a number of other customized services and benefits. Narendra and his wife completed the paperwork at Scotiabank's Mumbai branch, so that their account would be available when they arrived in Canada.

"It was all very instant, and our debit cards were ready," says Narendra, noting that he got a call from Scotiabank's Keele & Toro Branch that his account was opened. "The branch had a nice homey environment and the staff was really welcoming."

Narendra also describes Keele & Toro's Financial Advisor Rosaria Celani as, "A real gem and an instant helper, since she explained all the details perfectly and took whatever time we needed." She also alleviated Narendra's doubts about using a credit card. Rosaria offered tips on responsible card usage to build a good Canadian credit history – an important goal since the couple hopes to someday purchase a home.

With their financial needs resolved, the Patels focused on their career goals. Devangini, a software engineer and web designer, gained work experience at a local tech firm, while Narendra worked in a factory while attending a college program for internationally trained engineers.

"I made lots of good connections at the college. Since 80% of jobs in construction are never advertised, you have to network," says Narendra. After finding a professional role as a construction field technician, he's now busy commuting in his new car between Toronto's bustling condominium sites.

Thinking about advice for other newcomers, Narendra says, "Don't be isolated. Try to meet more people because you never know who knows someone or something."

The same philosophy applies to choosing a bank, adds Narendra: "You have to decide what you want from a bank, and then find the one that will give you those answers."

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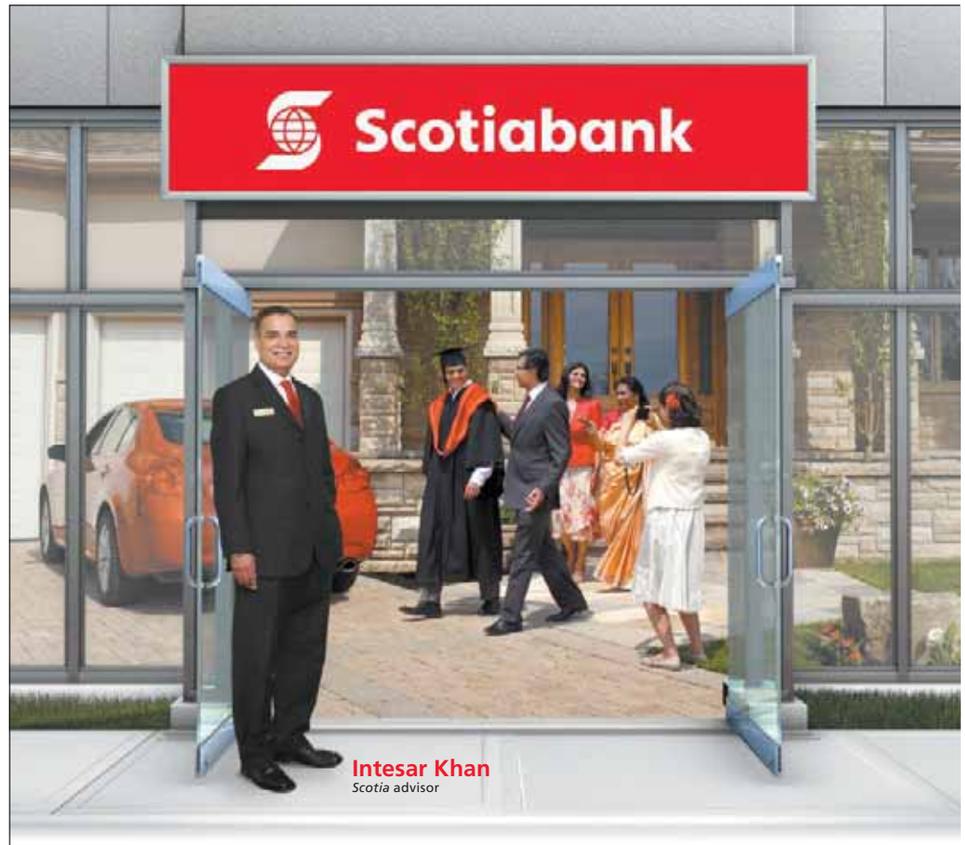

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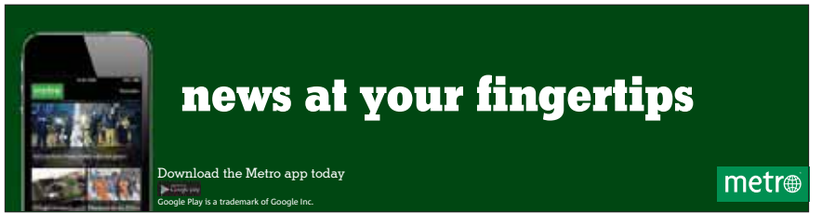

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Beef industry bounces back after XL recall

One year ago. 2,200 workers sent home after Canadian officials shut down Alberta beef-processing plant

It was largely symbolic, but one year after the largest meat recall in Canadian history, the city of Brooks in southeastern Alberta held a celebration to mark the turning of a page.

A huge beef barbecue on Saturday was the first major community gathering since Brooks was plunged into months of economic uncertainty when U.S. food inspectors found E. coli bacteria in a shipment of beef from the XL Foods plant and quickly closed its border last September to beef from the plant.

Dennis Laycraft from the Canadian Cattlemen's Association estimates it cost the industry up to $27 million directly because producers had to move cattle further, couldn't get them processed and pushed prices down.

Laycraft said the lasting legacy for producers is a change in the beef-packing ownership structure.

"The lingering impact is the fact we lost another bidder out of the system. JBS has been a customer of Canadian cattle for a number of years and now it's JBS and Cargill bidding where in the past it was JBS, Cargill, Nilsson Bros. and a few others." THE CANADIAN PRESS

XL Foods takeover

Brazil-based meat-packing giant JBS USA took over management of the Brooks plant from Nilsson Bros. in October and purchased XL Foods in January.

- The plant now employs 2,400 workers and processes 3,800 cattle each day. Products are shipped to customers in Canada, the U.S., Egypt, Asia and Mexico.

Firefighter's grandson has big hat to fill

Braeden Kemp wears a helmet to honour his late grandfather, Gordon Kemp, a firefighter whose most recent post was fire chief of the eastern Ontario township of Lanark Highlands. Braeden participated in a ceremony at the Canadian Firefighters Memorial Service in Ottawa on Sunday. FRED CHARTRAND/ THE CANADIAN PRESS

Drug combo seen to reduce MERS disease

New research is adding weight to the idea that a combination of existing drugs may help some patients infected with the new MERS coronavirus.

The findings could prove to be important because there is no vaccine to prevent the infection and no drugs specifically designed to mitigate the damage it does in severe cases.

A colourized transmission of the MERS coronavirus that emerged in 2012. THE CANADIAN PRESS

Infections with the new virus continue to pile up, particularly in Saudi Arabia.

On Saturday the World Health Organization put the global count of MERS infections at 114 with 54 deaths. But since then Saudi authorities have announced eight additional cases, three of them fatal. That will push the global total to 122 cases and 57 deaths. THE CANADIAN PRESS

Bitcoin ATMs are coming to Canada

Digital currency. Kiosks will make buying and selling Bitcoins easier

The first time Ryan Johnson bought Bitcoins — an emerging digital currency that isn't controlled by any authority such as a central bank — was with a pocket full of cash from a stranger he had met online.

"It was almost like a sketchy drug deal," recalls the 31-year-old Vancouver resident.

Since that first transaction in January, Johnson has been exchanging his Canadian cash for digital currency at Bitcoiniacs, a physical store in Vancouver that acts like a Bitcoin broker.

"It's just much more comfortable to go sit down in an office at a brick-and-mortar building with a professional that knows a lot about Bitcoins, do a professional transaction and get a receipt for it," says Johnson. "It's reassuring."

Soon, Johnson and other Canadian Bitcoin enthusiasts will be able to exchange Canadian cash for the digital currency through a kiosk that's similar to an ATM.

Bitcoiniacs says it has ordered five Bitcoin kiosks from a Las Vegas-based company called RoboCoin and intends to roll them out across Canada in the coming months, with the first machine expected to land in Vancouver in early October.

Four more kiosks will arrive in December, and although their locations are not yet certain, Bitcoiniacs says it's eyeing major Canadian cities such as Toronto, Montreal, Calgary and Ottawa.

"Basically, it just makes it easier for people to buy and sell Bitcoins and hopefully will drive the adoption of Bitcoin, and make it more accessible for people," says Mitchell Demeter, the 27-year-old owner of Bitcoiniacs.

THE CANADIAN PRESS

Quoted

"Our goal is to make Bitcoin truly grandma-friendly."

Jordan Kelley, CEO of RoboCoin, which makes the Bitcoin kiosks

Bitcoin kiosks made by RoboCoin will arrive in major Canadian cities starting this fall.
COURTESY ROBOCOIN

Sky-high strike comes to an end

The world's largest radio telescope will resume operations Monday after workers ended a 17-day strike. The observatory, pictured above, is known as the Atacama Large Millimeter/Submillimeter Array and is located on a remote plateau above Chile's Atacama desert. It searches for clues about the dawn of the cosmos — from the coldest gases and dust where galaxies are formed to the energy produced by the Big Bang — and is jointly funded by the U.S., Canada, Japan and Europe. Chilean observatory staff reached an agreement with Associated Universities Inc. that includes reduced hours and a bonus for high-altitude work. THE ASSOCIATED PRESS FILE

Bucharest, Romania

Canadian gold mine generates controversy

Thousands of Romanians demonstrated on Sunday both for and against a planned Canadian gold mine that would use cyanide in the extraction process. The project would create the biggest gold mine in Europe, razing four mountains to make way for an open pit mine.

Supporters say the mine would bring vital jobs and investment to a deprived area in northwest Romania. Opponents say it will present an environmental risk. "Save Rosia Montana," some 2,500 protesters against the mine shouted Sunday, referring to the town where the gold mine would be. THE ASSOCIATED PRESS

Protesters in Bucharest, Romania, demonstrate on Sunday against a proposed Canadian gold mine.
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RYERSON NEEDS TO DISPLAY SIGN

URBAN COMPASS

Matt Elliott
toronto@metronews.ca

There really shouldn't be a whole lot of debate about the future of the iconic Sam the Record Man sign, which spun its giant neon lights on Yonge Street for decades before the music store shut down. Ryerson University, when they made plans for the old Sam's location, signed an agreement making it clear that they'd find a place to display the sign again. They should be held to that agreement. Period.

Letting the much-loved sign fall to pieces in storage would set a lousy precedent and stand as just another example of Toronto failing to protect its heritage.

And we've had way too much of that over the last few years.

In 2007, Walnut Hall, a Georgian-style building that had stood since 1856 on Shuter Street, went under the wrecking ball. It had been designated a protected heritage building but fell under the weight of neglect and eventually had to be torn down for structural reasons. The site is going to be condos now.

Four years later, arson claimed the old Empress Hotel building at Yonge and Gould. Built in 1888, it had been allowed to deteriorate, with a structural collapse occurring just months before it went up in flames.

That was followed by an incident earlier this year, in which an owner of an 1886 heritage building on Queen Street East simply called in a demolition company to tear it down. The owner said he got a permit. The city disagrees. But the building is gone either way.

The problems with our heritage buildings aren't just confined to neglectful owners. A lot of it is due to the fact that the city allots only a slight budget and a handful of staff to heritage preservation.

When I asked city-hall staff about a nineteenth-century building at 376 Dundas St. E. that was recently covered in ugly beige stucco-like material called "EIFS," senior preservation co-ordinator Scott Barrett told me that staff simply had not had time to process a request to designate the building as a protected heritage structure. The request was made in 2011.

The long lag period between requests to protect old buildings and actual heritage designation makes it too easy for historic properties to fall through the cracks. And even after designation, there's not much in the way of support for property owners, who often face complicated and expensive renovations.

A neon sign is different than a Victorian building, of course, but they're both pieces of our collective history — a history we are in danger of losing through neglect and underfunding. Put the Sam's sign back up, but don't stop there — let's use this as motivation to finally get serious about protecting our heritage and preserving our past.

Please preserve our heritage

Put the Sam's sign back up, but don't stop there...

ZOOM

Squeak my ride: Skater mice

TIM MARSDEN/REX FEATURES

Stunt mice learn new tricks

Daring, athletic and super cool — this mouse is from an elite sports-training camp in Australia, run by coach Shane Willmott. The instructor had previously taught his furry students to surf, but for winter has switched them to a rodent-only skate park where they practise on ramps and even a wheel of fire. METRO

Talking to a trainer

"Mice are built to surf and skate because their centre of gravity is so low. When they do fall off, they want to get straight back on board."

Shane Willmott, 42, rodent coach

Other tails of talent

- **Jumpy.** A collie in a YouTube smash can skate, surf, dive and perform handstands.
- **Moscow cat theatre.** The only one in the world, with its performers known for their tightrope skills.

Worth Mentioning

Kijiji pressed to end sales of household pets

A Yorkie rescued from a puppy mill is shown in Dania Beach, Fla. THE ASSOCIATED PRESS

Canada's largest classified website is under pressure to ban the sale of household pets as part of a Montreal woman's quest to put an end to puppy mills.

Barbara Lapointe, who operates a dog-walking business, wants Kijiji to instead promote adoption from registered animal-rescue groups and individual families.

Lapointe's online petition, posted on the website Change.org, had collected nearly 48,000 signatures by midday on Sunday.

Lapointe is also trying to get her local municipality, the Town of Mount Royal, Que., to ban the sale of animals in pet stores. She said cracking down on pet stores would eliminate a major marketplace for puppy mills — but even then illegal breeders would "still be able to resort to online sales."

Kijiji Canada has no plans to change its policy. THE CANADIAN PRESS

Twitter

@metropicks asked: Kijiji is being pressured to end sales of household pets. Should online pet sales be banned?

@readstooswift: Yes, because there's no way to track the credibility of those selling pets online.

@MyBoyMaple: No way! See my profile pic? My dog is named Dominoe. Got him off Kijiji. Love this lil guy. Kijiji should keep on.

@Barbara___: my dog was bought on Kijiji, couldn't ask for a better pet!

@variableYY: Must the Man control every part of our lives? Leave online trading alone!

@KikuAnne: No, because then people who need to find a new home for pets can't find their audience. Ban the mills, not the method of sale.

@LorissaDowdell: no way. Rescue animals are posted on there. They need loving homes too

@georgeleonBC: The control should be with purchaser. See any issues, walk away and report to SPCA

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: torontoletters@metronews.ca

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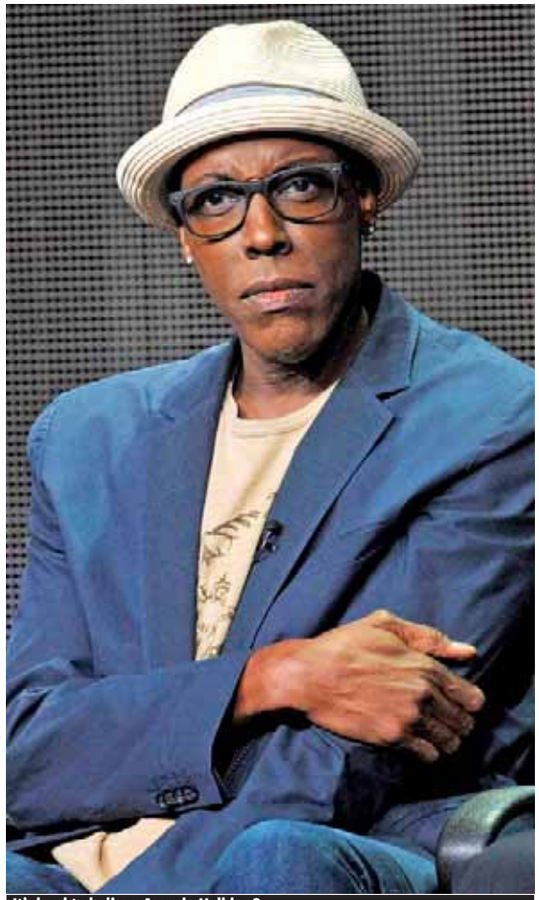
Arsenio Hall ready to have a ball

Return to late night. Host who ruled the early '90s is back and ready to pursue his dream in a modern, crowded field of shows



It's hard to believe Arsenio Hall is 58. PHOTOS: THE ASSOCIATED PRESS

Hall, with Bill Clinton playing the saxophone, back in the '90s.

Did fate decree that Arsenio Hall would return to late night after two decades' absence?

If so, he's answering that comeback call today with the premiere of The Arsenio Hall Show (syndicated; check local listings for time and channel).

And he's itching to get going.

"You know how certain things make you nervous?" he asked recently. "I don't like to fly, but once I'm on the plane and we're over the Rockies and I'm watching a movie, I'm fine.

"Right now I feel like I do when I'm in the airport."

It was in 1987 that a then-unknown Hall, briefly stepping in for Joan Rivers' short-lived Fox talk show, took flight as the cool, hip alternative to NBC's Tonight Show titan Johnny Carson.

Then, in January 1989, he debuted with his own syndicated late-night show against Carson.

He proved a formidable rival with his party atmosphere (the Dog Pound audience greeted him with "woofs" and other animal sounds as well as applause) and a wide range of guests, including presidential candidate Bill Clinton (sporting shades and wailing Heartbreak Hotel on his sax) and basketball great Magic Johnson shortly after announcing he was HIV positive.

But by 1994, Hall was facing new competition from Tonight host Jay Leno and David Letterman on CBS. With ratings slipping, he announced he was leaving the late-night arena, and, gracefully, he did.

In the years that followed, he kept a low profile. A sitcom came and went.

He hosted Star Search for a season. He co-starred on the CBS drama Martial Law for a couple of years. He did standup.

He also devoted himself to his son, Arsenio Jr., now 13, whose mother is Hall's ex, former manager and down-the-street neighbour Cheryl Bonacci.

"I love being a dad," he said. "When kids got together at Chuck E. Cheese, there were a lot of mothers — and me."

But Hall yearned to return to late night. In June 2012 he announced it was happening.

"People say, 'How did you know when to do it?' Several times before I had tried!"

False starts included a meeting with studio bigwigs he skipped because his son was sick. Or the nail in a piece of sushi that broke his tooth the night before an all-important guest-hosting gig.

"Signs like that," Hall said, "seemed to mean I wasn't ready yet."

Now he's sure he's ready, whatever skeptics may say.

"I hear all the long-shot talk: 'This is an impossible thing to do after all this time. The field is so crowded.' But I still have to pursue my dream!" THE ASSOCIATED PRESS

What's in a name?

As part of his strategy to reintroduce himself, Hall became a contestant on The Celebrity Apprentice early in 2012 — and ended up not only gaining the exposure he sought, but also winning the competition. Even so, do enough viewers know who he is — or remember him — to get his new show off the ground?

"When people ask that, I'm like, 'Well, NO ONE knew me the FIRST time!' I used to joke that people thought Arsenio Hall was a dorm at UCLA. So don't I have a better shot THIS time?" he asked.

What women want: According to Bethenny

Bethenny Frankel is used to putting her life on display. She's practically spent the last five years in front of the camera thanks to back-to-back-to-back reality shows Bethenny Ever After, Bethenny Getting Married and Real Housewives of New York City, not to mention The Apprentice: Martha Stewart several years before that.

Her next TV venture is simply titled Bethenny, and although the daytime talk show puts the outspoken entrepreneur back in the spotlight, Frankel says she's intent on making sure the series is not about her.

"This talk show is an evolution of a relationship between me and women that has started from the Apprentice to going through the struggles I had as a single woman on the Housewives and then doing my own show," Frankel said during a promotional stop in Toronto in June.

"It's not that I do it for the sake of doing it and this show isn't really about me. It's about women and if there's something that I'm going through that women are going through then we will all talk about it together."

And there's been plenty of talk over the way Frankel has lived her life in recent months.

The tabloid magnet has kept the headlines coming with supposed behind-the-scenes drama on her new show, her divorce and custody battle with estranged husband Jason Hoppy and non-stop speculation over the nature of her relationship with billionaire Warren Lichtenstein.

Rather than turn people off, the constant media scrutiny has cemented her fan base, suggests Frankel, arguing that people feel like they know who she is, and consider her a pal.

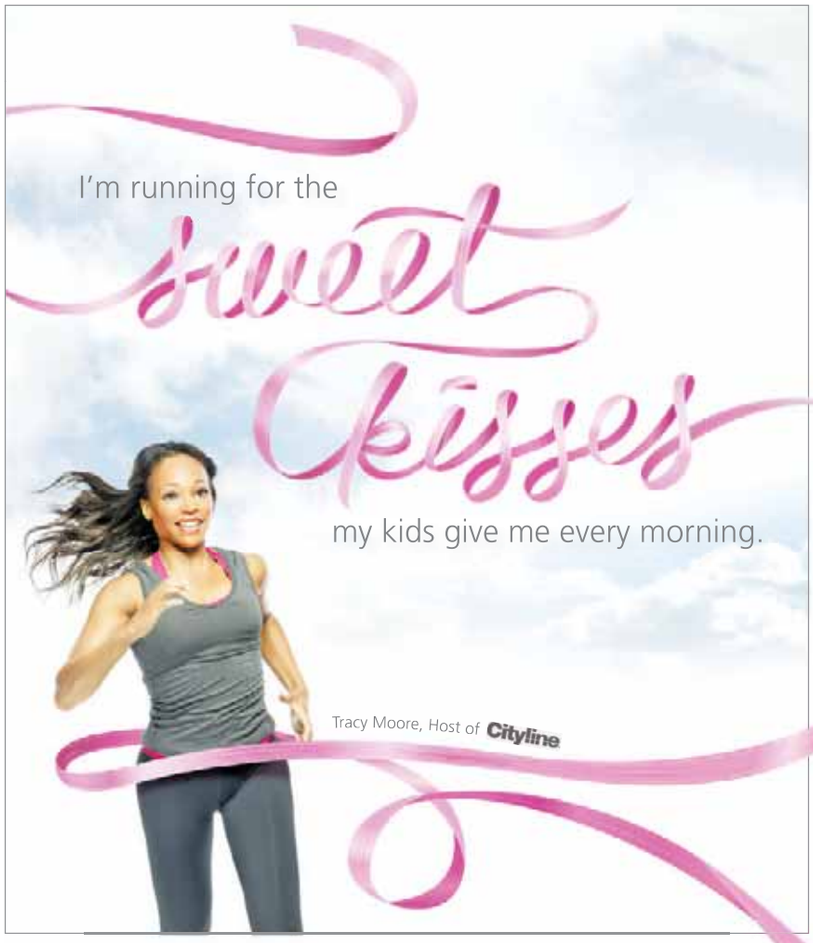
"I'm fortunate that I've had a reality show where people have seen my life and have been in my home, so hopefully they trust me and they know that this is who I am on camera, off camera, this is just who I am."

Frankel previewed her chat show last year with a test run on Fox in the United States and E! in Canada. Backed by Ellen DeGeneres, the series offered a lighthearted mix of celebrity interviews, fashion advice and frank girl talk.

Bethenny debuts today on CTV.

THE CANADIAN PRESS

Bethenny Frankel will now host her own talk show.
THE CANADIAN PRESS



Tumblr joke turned web phenom turned book

Texts From Bennett.
Kansas City hip hop artist's texts from his cousin are making him a small fortune

ALEXANDRA CAVALLO
Metro World News in New York

Two years ago, an ingeniously simple Tumblr featuring the copy-and-pasted text messages of a "17-year-old white boy who thinks he's a Crip, works at Amoco, has a girlfriend named Mercedes, and is one of the most unintentionally funny and brilliant souls on the planet" almost broke the Internet, so rapid and immense was its popularity and reach.

If you don't know what we're talking about, we can only assume you were hanging out under a very large rock during late 2011, because Texts From Bennett just might be one of the defining Internet memes of our time.

The Tumblr, which instantly whipped the world wide web into a frenzy of delight, horror and speculation as to whether

Kansas City rapper Mac Lethal.
CONTRIBUTED

or not Bennett was a fake, turned out to be the creation of Kansas City rapper Mac Lethal (a.k.a David Shelton) who felt that his wannabe gangster cousin Bennett's loveably crass and mostly inane texts were too good not to share with the world. Now, Lethal has turned the popular Tumblr into a novel. We checked in with the rapper/author in between stops on his Texts From Bennett Tour, during which he'll be signing copies of the new book and performing live.

When you first started Texts From Bennett, did you have any idea it was going to be such an insane phenomenon?
I had no idea it would be this huge. The world wasn't ready for a 17-year-old Crip with the inability to speak coherent English.

How did you get the idea to start the Tumblr?
I needed a place to collect the screenshots because my phones kept breaking and losing them all, so I started it with no intention of it ever being big.

What's the book about — is it just a collection of his texts or is it more of a narrative?
It's a single narrative about Bennett and his mom, my Aunt Lillian, coming to live with me for a summer.

What's Bennett like in real life?
Gentle. Tattooed. Surprisingly supportive in all aspects of life. He's the type of kid who would rather come along for the ride to something you were doing, and be happy for your good experience, than try to impose his own experiences on you. He has a big heart … just misled.

Playing second fiddle to a moustache

Nick Offerman.
Multi-talented everyman talks his new book and famous facial hair

LISA WEIDENFELD
Metro World News in New York

Nick Offerman may be best known for playing the stone-faced, government-hating Ron Swanson on NBC's Parks and Recreation, but he's also an accomplished comedian and stage actor (not to mention woodworker). He's currently on tour with his wife Megan Mullally, and her band, but took some time off to talk to Metro about his show, his new book and his most famous co-star — his 'stache.

Nick Offerman says he's riding on the coattails of his moustache's fame.
GETTY IMAGES

What can people expect when they come to see you?
Some cautionary tales. There's a lot of gum-flapping. Some mediocre songs. Some woodworking tips. And some minor nudity.

Minor nudity! Sounds like an exciting show.
Well, you gotta get asses in the seats.

Do you perform with Megan's band at all?
They open with a handful of songs and then I do my bit and then, just when I'm losing the audience and people are beginning to nod off or finger their parking stubs longingly, the band comes out and we wrap the evening up with a couple songs together.

In almost every interview a question comes up about your moustache. Why is the American public so fascinated by it?
It's inexplicable. I am lucky enough to be literally riding the coattails of my moustache and I have the good sense to keep my mouth shut and stand behind it, try to look polite.

Let the moustache do the talking?
Yeah. Soon after Parks and Rec came on the air, my moustache was signed by CAA and there's a whole set of rules. I'm not allowed to make eye contact with it and it doesn't return my calls. I have to get hold of its representation if I want to talk about trimming or any sort of grooming.

Do you think it's been ruined by fame or is it the same moustache it always was?
That's a very good question, but I can't really speak to it right now, if you get my drift. There's someone in the car with me that might want to follow up.

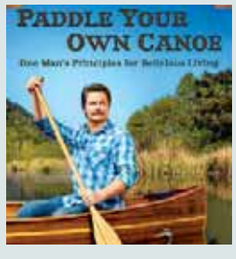
Is the canoe on the cover of the book one you crafted?
It is, yeah. That's my first canoe and her name is Huckleberry and she has treated me very well.

As Parks and Rec heads into its sixth season, how do you keep Ron Swanson fresh?
Well, to be honest, I'm such a lucky bastard that I don't have to try very hard because I have a team of brilliant writers who keep Ron fresh. They go above and beyond … and provide us with new stories and new avenues to pursue so that the audience doesn't get sick of the same old personality traits. I just mold my face into a constipated rictus and do my best to deliver the dialogue.

New book

Who would you say is the ideal audience for your upcoming book, Paddle Your Own Canoe?

- I guess human beings. I think men will really enjoy the book from the point of view of a jackass man like myself.



Diabetes, dating and a dirty mind

Sister act. Este Haim, oldest sibling in the rocking trio Haim, talks about how the pursuit of perfection delayed their album release

RICHARD PECKETT
Metro World News in London

Este Haim sits perched at the bar — among love-locked couples and scurrying waiters — in central London's trendy The Riding House Café. "It's a first-date kind of place," she strikes up.

Indeed, she's the sassiest of the Los Angeles trio — three sisters that form the guitar-wielding indie-rock band Haim. Since last year, the siblings have roused the music industry jaded by dance derivatives with their Nu-folk-meets-'90s R&B pop.

The fans are swooning, too, with girls wanting to be them and boys wanting to bed them. After a clutch of EPs and a series of tours worldwide, the Rapunzel-haired siblings — Este, 27, Danielle, 24, and Alana, 21 — are finally releasing their much-delayed debut album Days Are Gone, which includes tracks such as Don't Save Me, Falling and Forever, due out on Sept. 30. Metro chats with the eldest sis — the band's bassist — about their first record, cheating in exams, diabetics and their rock-loving parents.

Why did you delay your album release?
We wanted to be able to experiment and kind of figure out sonically how we wanted things to sound. The truth is we did a couple of songs a couple of times a couple of different ways. On top of that we went on tour with people we really admired: Florence (Welch), Mumford and Sons, Vampire Weekend.

You've had so much hype and exposure that this doesn't feel like your debut album.
To me this definitely feels like my first record. We've put a lot of pressure on ourselves.

Are you a perfectionist?
Yeah, to a fault. OCD, ADHD — it's a lethal combination. We wanted it to sound cohesive and make sure there were some elements that tied everything together. It's a reflection of our lives since we started the band.

Sounds deep.
Thank you. I went to college and university.

You finished a five-year course in two years — very impressive.
I did. Funny because yesterday I told everyone onstage I cheated on my SATs.

How did you cheat?
Well, I basically had my phone with me.

I'm impressed you managed to get your phone in.
It's because… oh my god. Because I'm diabetic, I get to have my room and I get more time on the SATs — no one was watching me.

Have you used that trick since?
To get out of a speeding ticket. I don't want to use diabetes as an excuse because it's not, but speeding tickets in America are like $600, you get two points on your record and my dad would have taken my car away.

What actually happened?
The cop pulled me over and I was like, 'My blood sugar is low and I was rushing to 7-Eleven to get an OJ' and he let me go.

Let's talk men: You've got a bit of a thing for rapper A$AP Rocky.
It goes without saying — he is a pretty motherf—r and he has such swagger.

You recorded LVL with him. Was he stoned?
Let's just say it was pretty purple in there. We ended up having a weird YouTube party where we tried to one up each other on who could show the dopest YouTube video. That's where I discovered Gangnam Style – A$AP Rocky showed it to me. We couldn't figure out what he was saying — we thought it was "open condom style."

Dirty mind.
My mind is perpetually in the gutter.

After a clutch of EPs and a series of worldwide tours, Haim is set to release their much-anticipated debut album on Sept. 30. CONTRIBUTED

The art of perfection

"We wanted it to sound cohesive and make sure there were some elements that tied everything together."
Este Haim on Haim's debut album

The iTunes Festival

Who: Rizzle Kicks

Where: iTunes Festival, London

When: Friday, Sept. 6

●●●○○

With cusses borrowed from Cockney rhyming like "We don't give a Daffy Duck," you can be sure you are not listening to the most bad-assed hip-hop out there when taking in Rizzle Kicks' iTunes Festival performance.

Nor does the Brighton U.K. duo have the illest lyrics: "Hashtag trends/ we make people clap clap clap."

They started off weak, encouraging the audience to, "Jive jive jive," but it was almost like they couldn't quite believe their own commands and the whole thing fell flat.

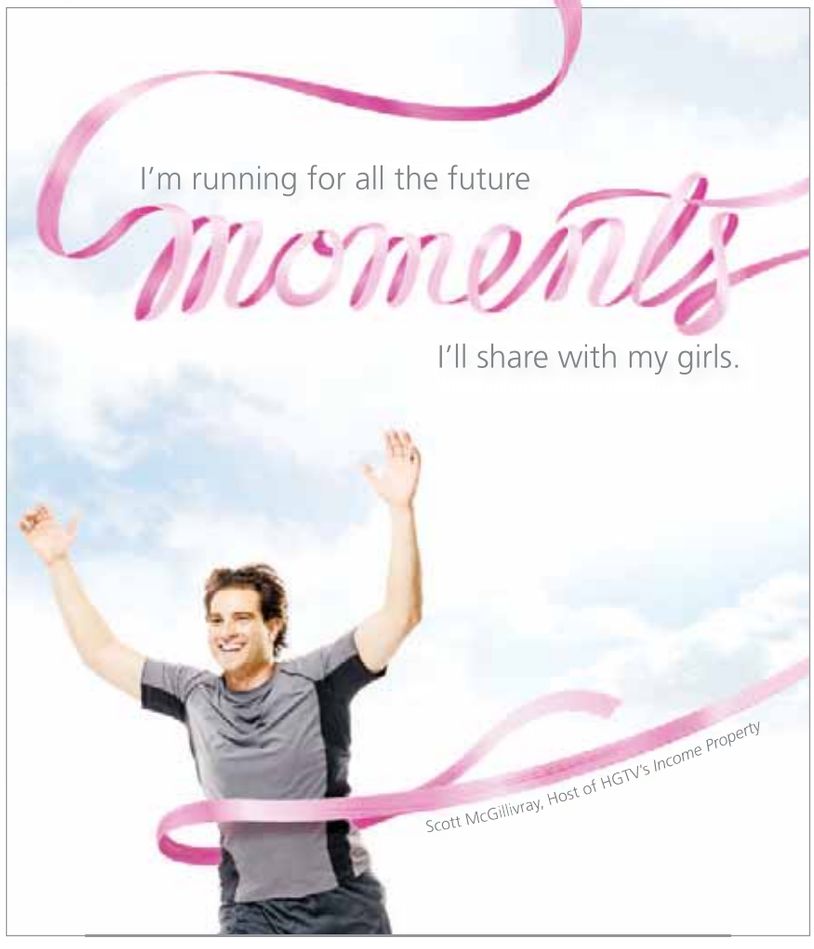
Things picked up once they got to the ska-influenced Wind Up, with its repeated build ups and break downs creating a level of excitement in the crowd that was palpable, even from this reviewer's seat (which would be at my desk. In Toronto. On my computer.).

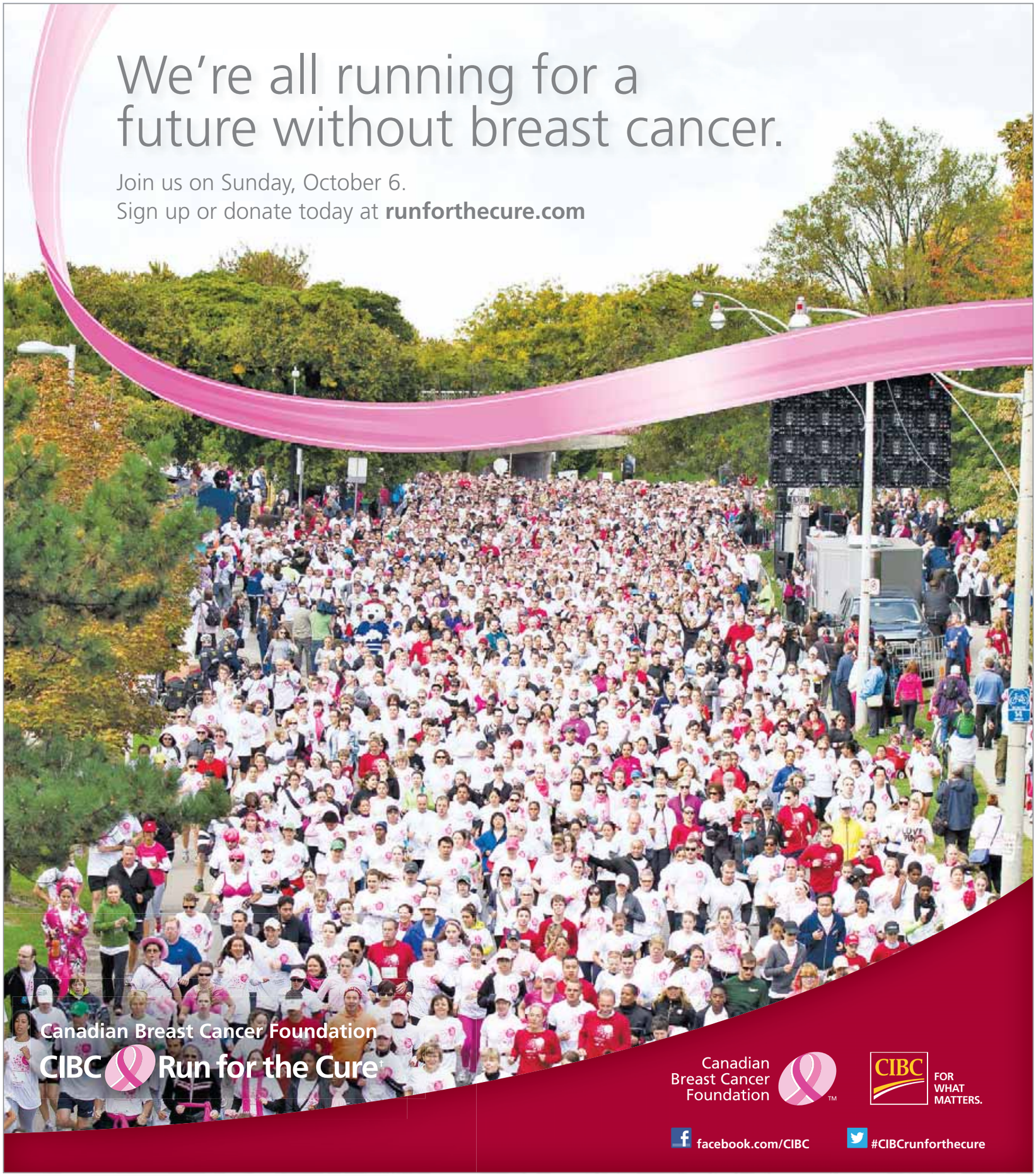
Skip to the Good Bit was truly horrible, a sloppy rip-off, err, homage to EMF's Unbelievable. Who rips off EMF?

The best part was the finale when they busted out the big brass for Down with the Trumpets. Overall they showed themselves to be a couple of affable lads and fairly decent entertainers, even if the whole thing did feel a bit like a commercial for Hip-Hop Lite.

EMINA GAMULIN/METRO

EACH MONDAY IN SEPTEMBER, METRO WILL REVIEW ONE OF THE ACTS PARTICIPATING IN THE ITUNES FESTIVAL TAKING PLACE ALL MONTH AT THE RENOWNED ROUNDHOUSE IN LONDON – AND STREAMING ONLINE IN HD – THE ITUNES FESTIVAL FEATURES 60 ACTS EACH DAY AT 4 P.M. ET/1 P.M. P.T. TO WATCH LIVE, DOWNLOAD THE ITUNES FESTIVAL APP TO YOUR IPHONE, IPAD, IPOD TOUCH OR APPLE TV. FOR A FULL LIST OF ACTS, VISIT METRONEWS.CA

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tiff

Hugh Jackman and Jake Gyllenhaal at a press conference for the film Prisoners. GETTY IMAGES

Prisoners more than an 'ambitious thriller,' says Hugh Jackman

RICHARD CROUSE
Metro World News at TIFF

At a Toronto International Film Festival press conference on Saturday, Hugh Jackman said his new film Prisoners is "not just (a film) that grips you and keeps you on the edge of your seat, but one that actually makes you contemplate the themes for days after on many levels."

He plays a father who takes to vigilante justice after his child has been abducted. The Denis Villeneuve movie raises the question of whether Jackman's character goes beyond the pale to get his daughter back or, alternatively, if he does enough.

"I can't make up the mind of audiences," he said. "I'm thrilled that Denis and Aaron (Guzikowski) wrote a script that forces that moral ambiguity. I think the film's power exists in that.

"I'll tell you a little story about watching the film for the first time with my wife, who was holding my hand. I literally had nail markings in my hand as she gripped me and then there were certain parts where she removed her hand from mine and I thought, 'Oh, maybe I'm not sleeping in the marital bed tonight.'"

Jackman delivers a powerful, primal performance of a man on the brink. It's work that drew praise from his co-stars.

"If you're asking me if Hugh Jackman deserves an Oscar," said Jake Gyllenhaal, "the answer to that question is absolutely yes."

Co-star Terence Howard called Jackman, "a sweet man," but added watching the actor's strength of courage come through in the violent scenes was like "witnessing a man channelling all of this frustration," not acting. "He deserves an Oscar."

Jackman's performance anchors the movie, which is unrelenting in its approach to telling the story.

"(The movie) is uncomfortable," says Jackman, "You think, 'OK, we're going down this path with this guy and yeah, let's enact some rightful justice.' Then all of a sudden you feel uncomfortable and what that forces you to do is question, if you went along with him, why you so easily went with that way of thinking. It questions what you would do in that situation and that's where the film's power lies."

"There is a reason we don't just go to comedies," he says. "Somehow as humans we also need to touch on real elemental fears that we push down every day of our lives. And collectively delve into and discuss it and feel."

And the award goes to...

"If you're asking me if Hugh Jackman deserves an Oscar, the answer to that question is absolutely yes." Jake Gyllenhaal

Tom Hiddleston. What's left but to play a vampire?

Tom Hiddleston has been amassing quite the eclectic list of credits, from superhero films to historical epics to Shakespeare. So why not play a vampire, too? It doesn't hurt, of course, that he does it opposite Tilda Swinton in Jim Jarmusch's inventive Only Lovers Left Alive, which premiered at TIFF to a very receptive — and laughter-filled — audience.

Surprised people found it so funny?
It was really pleasing, actually, because we wanted there to be levity and lightness in it, and humour, but not in a way that seemed to be overreaching. We didn't want to seem like we were pandering to the audience in bad taste, which would dilute the integrity of the attempt. And the attempt was really to make something very delicate and sophisticated and refined about love. It was to make something very honest about love and acceptance and time and art and music and poetry. These are big themes, and we didn't want to seem heavy-handed. It was very important to Jim that those things weren't heavy-handed. He wanted to be very light on his feet.

I loved that John Hurt plays Christopher Marlowe.
Yeah, it's a lovely joke that Christopher Marlowe is still alive and well, living in Tangier with a portrait of Shakespeare on his wall with a knife through his head.

Was there any hesitation about stepping into the vampire world?
Absolutely none. It was amazing. I met Jim Jarmusch in November 2011, and I'd just finished shooting Avengers, and I was in New York for War Horse, which was just opening, and I was about to shoot the Shakespeare plays for PBS. So there was superheroes and soldiers and Shakespeare, and I met Jim and he said, "I'm going to make a film about love, and it's about two very delicate, sophisticated creatures who love music and poetry and nature. He's a kind of rock star musician who's also a kind of scientist and physicist, and she's a poet. Oh and by the way, they're vampires." The vampire theme was really a framing for Jim to attempt a narrative about this theme of love, acceptance, time, creativity and mortality.

What was your honest reaction when you found out Loki would not be in Avengers 2?
My honest reaction was, "That's fine." I never wanted to overstay my welcome, and I've had such a good run with the character. I've enjoyed it so much. It was expected, to be honest, that Joss told me he wasn't going to put me in it. So yeah, my honest reaction was, "All right. Maybe it's time for me to play a few characters who don't have long black hair."

NED EHRBAR/MWN

Jennifer Garner supports her husband. GETTY IMAGES

Batman's his middle name

Affleck will make 'fantastic' caped crusader: Garner

Jennifer Garner may have been at TIFF to discuss her new movie, Dallas Buyers Club, but she couldn't escape questions about husband Ben Affleck's new role as Batman. The casting choice sparked an online backlash when it was announced last month.

"Believe me, you can't expect anything else," Garner said of the fuss. "He's a grown-up. ... That is just what you're getting into. But he's going to be fantastic."

She says she had to keep the Batman role secret for "months and months."

THE CANADIAN PRESS

Reitman's live-reading a TIFF tradition

Toronto. All-star cast of director's film Labor Day performs reading of Boogie Nights

NED EHRBAR
Metro World News at TIFF

Jason Reitman GETTY IMAGES

Labor Day stars Kate Winslet, Josh Brolin and Gattlin Griffith. CONTRIBUTED

Director Jason Reitman debuted his latest film, Labor Day, this weekend at TIFF, but what he was really excited about was his Friday night live-reading of the screenplay for Boogie Nights with an all-star cast.

It's become something of a Toronto tradition for Reitman — and spawned a regular series of readings in L.A. For this year's get-together, Reitman tapped Jesse Eisenberg to take on the role of Dirk Diggler originated by Mark Wahlberg, with Josh Brolin and Olivia Wilde serving as his Burt Reynolds and Julianne Moore. There was one notable omission from the cast, though: live-read regular Mae Whitman.

Why is Boogie Nights special to you?
That movie is sick. I was actually at the test screening of Boogie Nights. I was 21 years old or so, and I remember everything changed. It was just like, "Oh, I get it, there's a new world order in cinema, and it's Paul Thomas Anderson." But I saw the whole version, the version with all the additional scenes that were on the DVD. Everything was in it. And I remember seeing the version that came out and I was actually disappointed that some of the scenes hadn't made the final cut, so we're keeping some of those in tonight.

Such as?
The scene that I loved was Dirk Diggler going back to his high school girlfriend's house. Loved that scene, so we're keeping that.

It should be great in front of a festival audience.
This is one of my favourite films. It's a great TIFF film. It was a long, dirty live-read and I hope there were no children in the audience. I forgot how graphic it was, even in its language. I was strangely looking forward to the live-read Friday more than I was to Saturday's screening (of Labor Day). These live-reads are just the most joyful part of my life. They capture my heart as a film fan and they allow me to be a bit of an archeologist as I got through these screenplays and see what the intentions of the writers and the directors were. And that's how I started all of this, being a kid obsessed with movies, spending all day at the cineplex going from film to film to film. So the live-read is … I don't know. It's really core to the heart of why I do this.

I noticed this time you don't have Mae Whitman, your live-read MVP.
I know! Mae Whitman is not here.

You can't do one without her.
You know, I'm going to tell her you said that. She is the live-read MVP.

Bruhl on playing real, living people

Daniel Bruhl is having a very busy TIFF. He quite handily steals two major premieres from high-profile co-stars in The Fifth Estate and Rush.

Both films appear to be about someone else — WikiLeaks founder Julian Assange (Benedict Cumberbatch) and late F1 driver James Hunt (Chris Hemsworth) — but are really about Bruhl's character — Assange fan-turned-partner Daniel Domscheit-Berg and disfigured racing legend Niki Lauda.

The two films have a lot in common:
"There are some parallels between the films, because I'm playing two real characters," Bruhl explains. "It's also interesting, the structure of the movies, because you don't have a hero and a villain at the end, but you have empathy for both of them. It's quite interesting to see that. And then of course, my roots help me because both of these characters are quite focused and German in a way. Correct and reasonable and so on."

One thing led to the other:
"It's partly luck," he says. "I have to say that Ron (Howard) helped me a lot and supported me after making Rush and helped me get into the next movie. Because of, I don't know, good work I suppose in Rush I was given the chance."

Actors Dan Stevens, Benedict Cumberbatch and Daniel Bruhl of The Fifth Estate pose at the Guess Portrait Studio during 2013 Toronto International Film Fest. GETTY IMAGES

He's part of a bigger trend:
"In general, this change started a couple of years ago that we Germans or European actors get the real chance to play these great parts in American movies," Bruhl says. "This is an interesting change, and I hope it's going to go on. It's a very positive trend, I think."

Playing real, living people can be an odd experience:
"It was very strange to see Rush in London the other day with (Lauda)," he says. "I mean, I watched him watching the movie. I got goosebumps sometimes because everything around the accident is so intense. It was strange to see that with Niki in the same theatre."

Despite doing a film on it already, he thinks the story of WikiLeaks is just beginning:
"It's a subject, I think, that will be important for a long time, and we're just at the beginning of it," he says. "All of us, we citizens, have to learn a lot of things — how we deal with gathering information — but also governments have to learn how to deal with it, and corporations. I think we're drowning right now in information. This is a problem for everyone. It is exaggerated and it's wrong. I don't know how to channel that or how to filter that, but that has to happen, because otherwise we will have huge conflicts in the future."

NED EHRBAR/MWN

TIFF-rific!

"It's nice to be in on a discovery of something. What's great about TIFF is that this festival likes to be that place for films to be discovered — you know, the way they found Slumdog Millionaire or the King's Speech. I really respect this festival for finding the films that are launched from this place that are maybe international successes but wouldn't be known in North America. ... And so I'm glad that they've embraced Rush, because people I think assume that it is either a European story purely because of the nature of it being about F1 or that it's just a racing movie."

Olivia Wilde on her new film Rush being embraced at TIFF

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Dobber@TIFF: Gifting lounge Top 10

ANDREW JOHN VIRTUE DOBSON
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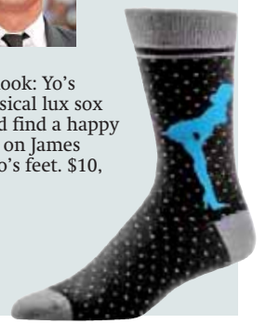
Ever wonder what wild and wonderful new products, bespoke services and lux sips 'n' nibbles celebs score at TIFF's top gifting lounges? Here are my top 10 favourites from the 2013 swag circuit: from pocket friendly to "pinch me that's pricey."

Awake Chocolate

Star hook: With all the parties Jake Gyllenhaal will be at this week I figure he'll need the caffeine and cocoa buzz in

Yo Sox Men's Crew Socks

Star hook: Yo's whimsical lux sox should find a happy home on James Franco's feet. $10,



be Delectable from Cake Beauty Hand Cream

Star hook: Kylie Jenner recently handpicked Cake Beauty products for her sweet 16! $12, cakebeauty.com.

Seventh Generation Free & Clear Baby Diapers

Star hook: Julia Roberts and Michelle Williams are two celebrity moms who've dressed their tots in these eco-friendly diapers. $14.99, seventhgeneration.ca.

Eyewitness Travel Top 10 Toronto

Star hook: A perfect gift for local talent like Mike Myers or Don McKellar to share with cast members new to T.Dot. $16, cn.dk.com/travel.

2012 Limited Edition Yellow Label Shiraz Grenache Mourvedre from Wolf Blass

Star hook: Aussie actors Nicole Kidman and Hugh Jackman have the perfect chance to sip the very best from back home. $18.55, wolfblass-wines.com.

Original Roots Salt and Pepper Sweat Pants

Star hook: Cutie boy Mark Wahlberg loves to keep comfy in these pants. $64, roots.com.

Sleeveless Yoke Blouse by WREN

Star hook: This whimsical sleeveless printed blouse would look fantastic on brand fan Kirsten Dunst. $240, kellyclaman.com.

Swarovski by Shourouk Clip Earrings

Star hook: The moody emerald crystals in this ear dangling duo would pair perfectly with Julianne Moore's rouge locks. $485, swarovski.com.

Celebrity stylist Amarsana Gendunova

Star hook: Gendunova has styled Canadian favourites Victoria Duffield and Tanya Kim (top); could you be next? $1,200 a day, amarsanagendunova.com.

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Online

Andrew John Virtue Dobson is a Toronto-based personality with a penchant for the city's top art, theatre, restaurant, bar and nightlife experiences. All during TIFF he will give Metro readers special access to the city's celebrity-laden hotels, bars and restaurants.

- Visit metronews.ca/tiff later today to follow Andrew's adventures at a press-only gifting suite, and as he visits Mark Wahlberg's new burger place.

Liam Hemsworth. ALL PHOTOS GETTY IMAGES

They won't be twerking down the aisle

All the attention Miley Cyrus has gotten for her steamy MTV Video Music Awards performance with Robin Thicke has apparently distracted onlookers from the fact that her engagement to Liam Hemsworth is pretty much over, according to Us Weekly.

The Australian actor is, "Just weeks away from calling it off permanently," a source says. "He is over her and wants to make a clean break. No more back and forth."

Certainly the VMAs performance didn't help matters, as Hemsworth reportedly found Cyrus' dance moves "mortifying."

Victoria Beckham

No bike for Becks

Victoria Beckham is the victim of bicycle theft. The designer and singer posted a photo to Twitter of the remaining wheel and lock for her bike in New York City.

"So I won't be riding home tonight then," she wrote along with the photo. "Searching for the missing bike!"

That's harsh.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Who gave this kid a Kar(dashian)? And a mea culpa from us

THE WORD
Alexandra Cavallo
scene@metronews.ca

I was going to write something about how sick I am of the Kardashians' absurdly public exploits, but then I remembered that if those bozos stopped fighting publicly/having huge butts/marrying athletes and rappers/etc., I'd have a much harder time finding things to write about for this column.

And since I'm writing this particular column on a Sunday, with last night's cocktails still sloshing around in my bloodstream, I was pleased that Kendall Jenner did not disappoint this weekend.

Kendall was apparently taking video selfies of herself while driving on Friday. How do we know this? The little brainiac posted these videos of herself to the Internet. The vids show Kendall making duck faces that she definitely thinks are adorable and sexy eyes (that were definitely not focused anywhere near the road) which is the place that eyes (sexy or otherwise) should be focused when one is operating a motor vehicle.

Please take a nice long minute to consider the fact that a 16-year-old girl had a $110,000 car and you're probably reading this with your face in some guy's sweaty armpit on a bus on your way to a job that doesn't involve being famous for a living.

Editor's note: apparently we do not keep up with the Kardashians quite as well as we think we do.

In Friday's Word, we mistakenly wrote that Lamar Odom is married to Kourtney. He is married to Khloe. Though maybe not for long.

Zach Galifianakis

Galifianakis going to be a father

You Are Here star Zach Galifianakis was a no-show at the film's Toronto International Film Festival premiere this weekend, but he had a very good reason for not attending.

Galifianakis rushed back to New York to join wife Quinn Lundberg, who had gone into labour with the couple's first child, You Are Here director Matthew Weiner confirms to E! News.

"We literally found out on Friday," Weiner says. "Zach is going to be the best dad in the world."

Ben Affleck

Former Superman comes to current Batman's defence

Ben Affleck's casting as Batman in the Man of Steel sequel has caused more than its share of controversy, but at least one actor who used to play Superman thinks it's overblown

"It's great," former Smallville star Tom Welling told reporters at the Toronto International Film Festival.

"He's a tremendous actor, he's a wonderful director and I wish him the best. It's hard to criticize things before they even happen. I know they'll endeavor to make the best film they can."

Day of Miracle
"The things which are impossible with men are possible with God." (Luke 18:27)
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page 88
REASONS MOMMY DRINKS
A hilarious guide to parenthood. In bookstores now.

Artwork

What to do with mini Picasso's handy work

I have three kids, which basically means I have collected three million pieces of artwork over the years, ranging from the dioramas to a piece of scrap paper with a purple line across it.

To keep some order in my home, and avoid an artwork tsunami, I ask my children to pick a few really special projects — which go in a box — and then I photograph the rest. At the end of each school year, I create a simple photo book of the photos of all of the artwork.

No messy clutter. No mom guilt. **ALI MARTELL OF YUMMYMUMMYCLUB.CA**

Getting rid of their masterpieces can be difficult. ISTOCK

Eczema

Simple solution

Bathing in warm water dries out a kid's skin and makes eczema worse. Babies and kids don't need to be bathed daily, so there's no medical reason to do this. This is good news for moms: one less task in the bedtime routine. **DR. KIM FOSTER OF YUMMYMUMMYCLUB.CA**

Exclusively online

Taking your toddler to the zoo: Read more Reasons Mommy Drinks, by Lyranda Martin Evans and Fiona Stevenson at metronews.ca/voices. Buy the book, Reasons Mommy Drinks, in North American bookstores on Sept. 10.

Here comes the airplane ... or not

Tips. Kids need structure but they also need to feel like they have some control. Find a balance.

SARA REMMER, RD
Metro World News

Parents should learn what they can and can't control when it comes to feeding their toddler. ISTOCK

When it comes to meal and snack times, it's important that parents take responsibility for the what, when and where of feeding. However, it's equally important that we let our toddlers and young children be responsible for the whether and how much of eating. This is the cornerstone of Ellyn Satter's (author of The Division of Responsibility of Feeding, Registered Dietitian and Mental Health Specialist) philosophy when it comes to feeding toddlers.

The what

You get to decide what your toddler eats. Ideally, you should provide a variety of foods for nutritional balance with different colours, flavours and textures. At family meals, your toddlers should be served the same foods that the rest of the family is eating (unless of course, they have a severe food allergy or intolerance). In other words, even if your toddlers are picky eaters, they should not receive a special meal. Also, when they are old enough, try to include them in meal preparation, which helps them become more open to trying new foods.

The when

There should be structured meal and snack times on most days so that your toddler knows when to expect another chance to eat. Because toddlers have small tummies, ideally they should be offered food every three hours or so. This likely translates into three meals with snacks in between and, depending on bed time, before bed. This timing structure will help your toddler eat until he or she is comfortably full and develops a healthy appetite.

The where

When you are at home, meals and snacks should be eaten at a designated eating area, free from distractions. When children eat in front of a screen, they aren't focusing on their food or their inner hunger/fullness cues. Establish one or two places (preferably at a table) where everyone in the family eats. This will encourage more family meals and also provide more structure for your toddler.

The whether and how much

It is completely up to your children whether they eat what you've served and how much. I know this is really hard for parents, especially after we've spent time making a healthy, tasty meal or snack. But we need to take a step back and ensure there's no pressure, no forcing and no bribing. We should also allow them to eat at their own pace, without pressure to "eat faster" or "keep up" with the rest of the family unless, of course, they're taking hours on end to finish a meal.

The good thing is toddlers and young kids will not let themselves starve. They are very intuitive when it comes to eating. If they don't eat much at one meal or snack, they'll make up for it in future meals or snacks or even days afterward.

We have to respect their hunger and fullness cues, because they do. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE THAT HELPS BUSY WOMEN SURVIVE MOTHERHOOD**

Literature to chill out your children

Rest and repeat.
New book combines illustrations, routine and nature to help children learn the value of restfulness

ALISON BOWEN
Metro World News

Being a kid can be hard: Teach them how to unwind and chill out. ISTOCK

Sometimes being a kid is tough. Even though someone is feeding you, clothing you and even carrying you around part of the time, a lot of worries can take over a little one's mind.

Thursday is National Relaxation Day, so we wanted to know how to help kids relax.

Lisa Hemmings, a massage therapist who teaches Chill Skills for Kids classes, and counsellor Allan O'Keefe hope to help with their new children's book. Imagine Me with the Three Owls encourages tots to bat away stress by using their imagination. With peaceful illustrations of nature, the book walks parents and children through relaxation techniques.

Hemmings and O'Keefe provided Metro with some tips on how to help kids relax:

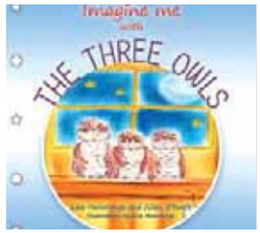
Simple belly breathing exercise
An easy way to relax our mind and body is to slow our breathing down to a steady rate. Start by asking your children to take some deep slow breaths. Continue until they settle. Then, ask them to put their hands on their belly. When they breathe in, they can feel their belly rise, and when they breathe out they can feel their belly drop. Keep doing this until they feel more relaxed and settled. This can be very useful for anxiety or panic attacks or just simply to wind down.

Chill out the body
Relaxing the muscles in our body from our toes to the top of our head is a great activity to help children relax or to help them with sleep. Find a quiet space. Start by sitting or lying down. Ask your child to close their eyes and relax the part of the body as you say it. Read from Imagine Me with the Three Owls in a slow, steady voice.

Positive self talk

Affirmations. What we think influences how we feel and act. Positive thoughts can help children feel better about themselves so they can be calm. To help change the thoughts that they don't want to have and help put good thoughts in their minds, they can think of some affirmations — positive words that remind us of how we want to think, feel or act. Some examples include thinking, "I am calm," or "I am confident." Have fun making positive thoughts together with your child. It can take time and perseverance to learn to be positive.

Imagine a special place
Children often have great imaginations. Help them to use imagination to create in their minds a special place, such as a beautiful garden, forest or sunset where they can go anytime.



Tell them to imagine they are watching the sun setting over the mountains. Then, for fun, ask them to share what they imagined or draw it.

Encourage expressing feelings
When children feel worried, they can feel alone, and if they can't share it with someone, it can lead to stress and anxiety. If they tell you they are feeling worried about an issue, always validate how they are feeling, which helps them feel safe to talk about things. Explore what they are feeling and what it is like for them. What is small to an adult can be big to a child. If they can't express it in words ask them to try drawing it, or use colours to describe how they feel.

It's peanut butter jelly time, so keep kids cooking

Secret ingredient.
Little hands can be a big help when it comes to making meals

ALISON BOWEN
Metro World News

Bond and create healthy habits with your child in the kitchen. ISTOCK

Many parents' intuition might be to shoo children out of the kitchen.

But the next time your kiddos are underfoot while you're making dinner, consider tossing them a task.

Cooking with kids can be a great way to bond, create healthy habits and make something great for lunch.

Sally Sampson, who created ChopChop, a cooking magazine for families, suggests starting small: Let them pick a vegetable at the farmers market to add to a salad, or throw veggies into a blender to create a smoothie. Kids can also create their own salad dressings.

One thing she cautions against? Inviting children to help make dessert.

Cooking works even with the littlest ones.

"You can describe what you're doing," Sampson adds.

"You can have them hand you carrots. No age is too young."

And cooking can be much healthier — and cheaper — than parents might think.

Grill into fall with Mexicali Beef Steak

This recipe makes four servings. COURTESY THE CANADIAN PRESS

The back-to-school season means life can be frantic. But by grilling extra meat and vegetables on the barbecue, you'll have enough to make lunches the next day.

Serve these steaks carved into thin slices across the grain with steamed rice and kidney beans.

These also work well the next day. Set out warmed tortillas or flatbread plus a variety of toppings such as shredded cheddar, guacamole, diced tomatoes, sliced roasted sweet peppers and salsa. Carve grilled steak into thin slices and tuck into tortillas with toppings. Steak is best served at warm to room temperature

1. In a resealable freezer bag, combine lime peel and juice, orange juice, garlic, chutney and cumin. Pierce steak all over and place in bag with marinade. Marinate in the fridge for 4 to 12 hours.

2. Place steak on greased grill over medium-high heat (200 C/400 F); close lid and grill for 5 to 6 minutes per side for medium. Remove from heat. Tent with foil; let stand 5 mins.

3. Serve steak by carving into thin slices across the grain.

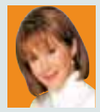
THE CANADIAN PRESS/ CANADA BEEF, BEEFINFO.ORG

Ingredients

- 1 lime (grated peel and juice)
- 30 ml (2 tbsp) orange juice
- 10 ml (2 tsp) minced garlic (2 cloves) or 5 ml (1 tsp) garlic powder
- 30 ml (2 tbsp) mild or medium chutney
- 2 ml (1/2 tsp) cumin
- 500 g (1 lb) marinating steak (such as inside skirt, inside round or sirloin tip)

Healthy eating

Choose it and lose it



ROSE REISMAN
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The cut of meat does count when it comes to these mini goodies. One contains an overload of calories, fat and sodium.

6 President's Choice mini wieners in pastry

450 calories / 33 g fat / 870 mg sodium
Wieners filled with nitrates and salts then wrapped in greasy puff pastry are not the best way to snack.

Equivalent

Six President's Choice mini wieners in pastry are equal in fat to one 375 g Pillers Kolbassa Sausage.

6 M&M mini bacon wrapped filet

240 calories / 16 g fat / 450 mg sodium
At half the calories, fat and sodium, a healthier app is a petit mouthful of filet mignon wrapped in a small amount of bacon.

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Don't let dyslexia dictate their lives

Demystifying the disorder. Playing to your child's strengths and paying attention to the positives can make dyslexia easier, a new book advises.

JULIE KAYZERMAN
Metro World News in NYC

If you're reading this article during your daily commute on public transit, chances are there are at least five dyslexic people in your midst. The reading disorder affects 10 per cent of the population, with about 400,000 children diagnosed per year in the United States.

Dealing with dyslexia himself, Ben Foss has detailed how to identify and deal with the disorder in his new book The Dyslexia Empowerment Plan: A Blueprint for Renewing Your Child's Confidence and Love of Learning. We asked Foss how to identify and foster a love of learning in students who are struggling.

Identifying dyslexia

Knowing if a child has dyslexia starts with paying attention to their habits and strengths. Foss says that if children mispronounce words or avoid reading aloud under any circumstances, that could signal to parents that it would be a good idea to have the child tested. Some dyslexic children have trouble memorizing a series of numbers, or confuse words that sound familiar. But dyslexic children have strengths, as well, Foss stresses.

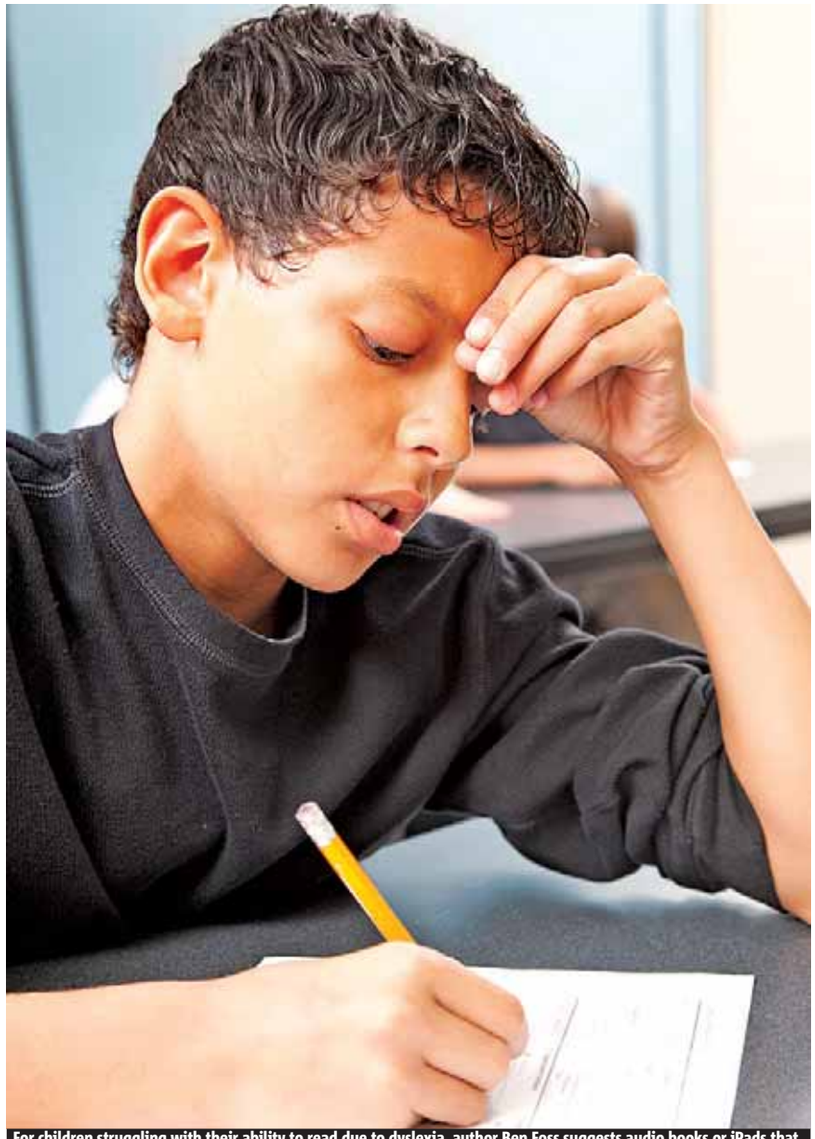
"If your child is dyslexic, you should find where their strength is and you play to it," he says.

Orient your thinking

Foss says a perspective shift is also in order. "You want to make sure you don't think about dyslexia as a disease. I am from New Hampshire. I'm not diagnosed as being from New Hampshire. I don't suffer from being from New Hampshire. I just am from New Hampshire. What you suffer from is being in a school system that expects everyone to do everything the same way."

Tips from the author

- **Encourage your child's resiliency.** "I cannot emphasize enough, you really want to explain to your kid that they're not broken and that they're smart and you love them. The main thing you're looking to build in your child long-term is resilience," says Foss. "You can do this by giving your child unconditional love and giving them responsibility."
- **Get your child formally identified.** Foss explains that this will be a defence against schools trying to tell you "your kid's just developing slowly" or "your kid's just not college material."
- **Get the facts.** "Learn what dyslexia is, learn the background, explain it to your child and then teach your child how to explain because they're going to run into people all day at school who have questions for them," says Foss.



For children struggling with their ability to read due to dyslexia, author Ben Foss suggests audio books or iPads that read aloud to you. This is an extremely productive way for your child to obtain information. ISTOCK

Stars with dyslexia

Steven Spielberg

Richard Branson

Whoopi Goldberg

Cher

Magic Johnson

Dyslexia myths, debunked

"Your child needs to be fixed."

- "I think one of the biggest myths is that we're going to fix your child. The thing is, your kid's not broken in the first place," Foss says.

"It's better not to tell your child they have dyslexia."

- "The child will figure it out and they're going need to be a part of the team," he says. Dyslexic students "need to get out there and do the hard work of telling their story and self-advocate, so you really want learn to embrace the profile."

"It's your fault."

- "The only thing you contributed were your genes," explains Foss. "Dyslexia is genetic."

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Between studying, socializing and starting your new life, it's important to have a space to sit back and chill out. ISTOCK

Goodbye mom and dad, hello to my new pad!

Home sweet dorm. Expert advice on how to make the most of your new cinder-block palace

JULIA FURLAN
Metro World News in NYC

So you've left the nest and your childhood bedroom is poised to become a glorified storage closet for your family's things. Interior designer Tamara Dunner says the best way to make your new, tiny dorm room space feel like home is to decorate with care — with an eye toward colour, pattern and style.

What advice do you give to college students who want to make their new home a little brighter?

I think it's important when you're moving or relocating to bring some things from home. Bring your picture frames with photos of all your friends. They don't have to be standard black picture frames; if you're more traditional, you can do a whitewashed finish.

What should students prioritize?

It's your first home away from home; it should be a secure place for you to come after school where you feel comfortable. It's always hard that first year, so you want to emphasize that you want to personalize your own little cave, your own little place.

How about the walls?

You can get posters, but I know they (usually) won't let you stick nails in the walls in the dorm. You can get light picture frames from Ikea or even take postcards and hang them on the wall. You can get Christmas lights to make it a little bit more funky.

Cohabitant clash

Any tips on style conflicts between roommates?

- Chances are, you and your roommate the first year might not be best friends, so make your own separate area. My daughter was very into neon colours and the girl next to her was into lace and horses. You have a corner, and you pick one area and that's your space where you can show your personality.
- Mostly what happens is that you meet your roommate months before, and a lot of students will compromise. Decorating the room is putting your own individual style to it, which is important.

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He serenaded me with science

Engaging the mind with a melody.
Biochemist Kevin Ahern teaches with music and poetry

KIERON MONKS
Metro World News

How would you want your classes to be conducted? ISTOCK

He turns Christmas carols into studies of protein synthesis, and Bob Dylan into a vegetarian preacher. For over a decade, award-winning biochemist Dr. Kevin Ahern has taught his subject through music and poetry, and claims it is key to his students' success.

Your website claims you are "wildly popular." Is this true?
I can't sing worth a crap but I perform all over the world and a lot of people want to listen.

Are you the only biochemistry singer, and by default the best?
There are a few people doing something similar. What inspired me was a British professor (Dr. Harold Baum) who wrote The Biochemists' Songbook. I got a copy and was impressed by the clever rhymes and thought, "I can do that."

Why do music and biochemistry go together?
Students find biochemistry very intimidating and I wanted to cut through that, to make it more fun and less scary.

It helps academically, like the Metabolism Pathway song takes students step by step through how metabolism works, how glucose is made etc.

If they learn the song they learn the process.

Kids can be cruel. Do you ever get heckled?
I look at student evaluations every term and one a year says, "I'm tired of songs," but most really like them.

Do you worry other academics will think you sold out?
I worried at first, some of them call me "The Song Guy," but generally reactions have been better than I expected. You can have academic entertainment but you have to be careful not to be a clown and detract from the message. There is a tightrope to walk.

Do you have a favourite memory or moment?

One lecture and song on hemoglobin always leaves me with a very positive feeling.

Fact before funny

"You can have academic entertainment but you have to be careful not to be a clown and detract from the message."
Kevin Ahern

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4 SPORTS

Week 1 in pictures

1 Saints 23, Falcons 17.
Brees marches Saints to win

Drew Brees passed for 357 yards and two scores, and the Saints held on for a 23-17 victory over the Falcons.

2 Lions 34, Vikings 24.
Lions steal AP's thunder

Adrian Peterson ran for a 78-yard TD on his first carry, but Reggie Bush responded with a 77-yard strike of his own to seal the Lions' win.

3 Bears 24, Bengals 21.
Ex-Als coach survives debut

Jay Cutler threw the go-ahead TD in the fourth, helping Chicago get the victory in Marc Trestman's debut. THE ASSOCIATED PRESS

MLB

Reyes propels Blue Jays to sweep over Minnesota

Esmil Rogers pitched well into the eighth inning and Jose Reyes' late double broke a scoreless tie that led the Toronto Blue Jays past the Minnesota Twins 2-0 Sunday for a three-game sweep.
THE ASSOCIATED PRESS

Jays shortstop Jose Reyes cracks an eighth-inning double on Sunday. THE ASSOCIATED PRESS

Olympics

Wrestling to return for Tokyo Games

With the IOC fixing what it admits was a big mistake, wrestling returned to the Olympic fold Sunday after seven months in limbo and promised to do what it takes to keep its place for the long run.

Presenting new leadership and a revamped sport, wrestling easily defeated bids from baseball-softball and squash to secure a spot for the 2020 and 2024 Games.

The result capped a frantic six-month campaign by wrestling body FILA to save its Olympic status after the IOC executive board surprisingly cut it from the list of core sports in February.

"We are aware of our mistakes and they will not happen again," FILA's president said. THE ASSOCIATED PRESS

Aching Argos fight off Als

CFL. Collaros outplays Marsh in rookie QB battle between banged-up squads

On Sunday

Argonauts	Alouettes
37	30

Even without kick return star Chad Owens, the Toronto Argonauts found a way to pull off a spectacular win.

Down 23-8 midway through the third quarter, the defending Grey Cup champions roared back for a 37-30 victory over the Montreal Alouettes to retain sole possession of first place in the CFL East Division on Sunday afternoon.

The win on a blustery day before 23,911 at Percival Molson Stadium stopped a two-game losing run and avenged a 20-9 loss to the Alouettes in Toronto on Tuesday. The Argos (6-4) stayed two points ahead of Hamilton (5-5) and four ahead of Montreal (4-6).

"Nobody gave us a chance," said Argonauts coach Scott Milanovich. "We had our backup quarterback, our third-string running back, Chad Owens is out.

"We talked about it being a character day for us. Not so much a statement day, but let's see what kind of character we have when everybody thinks we're not good enough. That's what I'm proud of. I told them after the game that there won't be another time all season that they doubt that they can win a game."

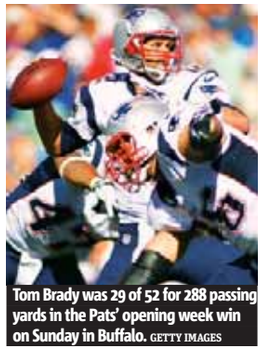
Both teams were missing key offensive players, which may be why there were no offensive touchdowns in the torturous first half of a game that only sprang to life in the final 22 minutes.

Zach Collaros, filling in while starter Ricky Ray recovers from a shoulder injury, ran in a touchdown and threw to John Chiles and Dontrelle Inman for two others. He completed 30 passes for 336 yards, with one interception.

Defensive tackle Kiante Tripp also scored on an interception, and kicker Noel Prefontaine missed three field-goal attempts but added two field goals and four singles.
THE CANADIAN PRESS

Argonauts quarterback Zach Collaros runs in for a touchdown during second-half play against the Alouettes in Montreal, Sunday. GRAHAM HUGHES/THE CANADIAN PRESS

Pats paste Bills with late field goal



Tom Brady was 29 of 52 for 288 passing yards in the Pats' opening week win on Sunday in Buffalo. GETTY IMAGES

New season, new receivers, familiar finish for Tom Brady, who looked like his old self in the clutch.

Whatever chemistry Brady still lacks within the Patriots' new-look offence, the quarterback overcame by rallying New England to a 23-21 season-opening win over the Buffalo Bills on Sunday. Brady marched New England 49 yards in 12 plays to set up Stephen Gostkowski's 35-yard field goal with five seconds left.

"I didn't have a lot of doubt," Brady said, referring to the final drive, which began at the Patriots 34 with 4:31 remaining. "We've got a team full of fighters. There's going to be some ugly wins, but we're always going to fight until the end."

Shaking off a sloppy start, Brady completed all six attempts for 34 yards on a final drive during which he twice completed passes to convert third downs. That included threading a throw to Danny Amendola in traffic for a 10-yard gain on third-and-eight at the Bills' 39.

Shane Vereen ran 15 yards on the next play, and the Patriots settled on running time off the clock before Gostkowski won it.

The new-look Bills nearly pulled off a stunning upset in their first game under coach Doug Marrone and rookie quarterback EJ Manuel.

It instead turned into an all-too-familiar outcome for the Bills against their AFC East rivals. They dropped to 1-19 in their past 20 meetings. They are 3-24 in 27 games since Bill Belichick took over as Patriots coach. THE ASSOCIATED PRESS

Williams recovers to edge Azarenka

U.S. Open. Top-seeded Serena wins 17th grand slam in windy final

Fussing with her skirt and flubbing her shots, Serena Williams was troubled in the U.S. Open final by the swirling air and the strong play of Victoria Azarenka.

After one miss, Williams declared, "I can't play in this wind." After blowing a big second-set lead, Williams chucked her racket toward the sideline, and it bounced back onto the court.

In the end, Williams pulled herself together, as she usually does when it matters the most. Facing her first test of the past two weeks, the No. 1-seeded Williams overcame No. 2 Azarenka 7-5, 6-7 (6), 6-1 on Sunday for a fifth championship at Flushing Meadows in New York and second in a row.

Serena Williams reacts after winning the U.S. Open. THE ASSOCIATED PRESS

Williams, who turns 32 in 2 1/2 weeks, raised her Grand Slam singles title count to 17, the sixth-most in history and one shy of Martina Navratilova and Chris Evert. Williams collected a $3.6 million US prize, including a $1 million bonus for producing the best results during the North American summer hard-court circuit leading up to the U.S. Open.

Helped by nine aces, one at 203 kilometres per hour, Williams improved to 67-4 with a career-best nine titles in 2013. Since a first-round exit at the 2012 French Open, Williams is 98-5 with 14 titles, winning four of the past six Grand Slam tournaments.

But this one did not come easily, even though it appeared to be nearly over when Williams went ahead by two breaks at 4-1 in the second set. Williams served for the match at 5-4 and 6-5 — only to have the gutsy Azarenka break each time.

This was a rematch of last year's final, also won by Williams in three sets, and two-time Australian Open champion Azarenka provided another challenge with her big swings off both wings.

THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	87	58	.600	—
Tampa Bay	78	64	.549	7½
Baltimore	76	66	.535	9½
New York	76	67	.531	10
Toronto	67	76	.469	19

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	82	61	.573	—
Cleveland	76	66	.535	5½
Kansas City	75	68	.524	7
Minnesota	61	80	.433	20
Chicago	57	85	.401	24½

WEST DIVISION

	W	L	Pct	GB
Oakland	83	60	.580	—
Texas	81	61	.570	1½
Los Angeles	67	75	.472	15½
Seattle	65	78	.455	18
Houston	47	96	.329	36

Sunday's results
N.Y. Mets 2 Cleveland 1
N.Y. Yankees 4 Boston 3
Chicago White Sox 4 Baltimore 2
Toronto 2 Minnesota 0
Kansas City 5 Detroit 2
Texas 4 L.A. Angels 3
Oakland 7 Houston 2
Tampa Bay 4 Seattle 1
Saturday's results
Baltimore 4 Chicago White Sox 3 (10 inn.)
Boston 13 N.Y. Yankees 9
Oakland 2 Houston 1
Cleveland 9 N.Y. Mets 4
Toronto 11 Minnesota 2
Kansas City 4 Detroit 3
L.A. Angels 8 Texas 3
Seattle 6 Tampa Bay 2
Monday's games — All times Eastern
Kansas City (Santana 8-8) at Cleveland (Jimenez 10-9), 7:05 p.m.
N.Y. Yankees (Sabathia 13-11) at Baltimore (Tillman 15-5), 7:05 p.m.
L.A. Angels (Weaver 9-8) at Minnesota (Hernandez 3-1), 7:10 p.m.
Pittsburgh (Cole 6-7) at Texas (Darvish 12-7), 8:05 p.m.
Detroit (Scherzer 19-2) at Chicago White Sox (Sale 10-12), 8:10 p.m.
Houston (Cosart 1-1) at Seattle (Walker 1-0), 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	85	57	.599	—
Washington	73	69	.514	12
Philadelphia	66	77	.462	19½
New York	64	77	.454	20½
Miami	53	88	.376	31½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	83	60	.580	—
Pittsburgh	81	61	.570	1½
Cincinnati	81	62	.566	2
Milwaukee	62	80	.437	20½
Chicago	60	82	.423	22½

WEST DIVISION

	W	L	Pct	GB
Los Angeles	83	58	.589	—
Arizona	72	70	.507	11½
Colorado	66	78	.458	18½
San Diego	65	77	.458	18½
San Francisco	64	79	.448	20

Sunday's results
Washington 6 Miami 4
Philadelphia 3 Atlanta 2
St. Louis 9 Pittsburgh 2
Milwaukee 3 Chicago Cubs 1
San Francisco 3 Arizona 2 (11 inn.)
San Diego 5 Colorado 2
L.A. Dodgers at Cincinnati
Saturday's results
Cincinnati 4 L.A. Dodgers 3 (10 inn.)
Milwaukee 5 Chicago Cubs 3
Philadelphia 6 Atlanta 5
Washington 9 Miami 2
St. Louis 5 Pittsburgh 0
San Diego 2 Colorado 1
Arizona 2 San Francisco 1
Monday's games — All times Eastern
Chicago Cubs (Wood 8-11) at Cincinnati (Arroyo 13-10), 7:10 p.m.
Atlanta (Medlen 12-12) at Miami (Alvarez 3-3), 7:10 p.m.
Washington (Gonzalez 9-6) at N.Y. Mets (Torres 3-3), 7:10 p.m.
Arizona (Delgado 4-5) at L.A. Dodgers (Nolasco 12-9), 10:10 p.m.
Colorado (Chacin 13-8) at San Francisco (Lincecum 9-13), 10:15 p.m.

NFL

WEEK 1

Sunday's results
Chicago 24 Cincinnati 21
N.Y. Jets 18 Tampa Bay 17
Miami 23 Cleveland 10
Indianapolis 21 Oakland 17
Kansas City 28 Jacksonville 2
Tennessee 16 Pittsburgh 9
Seattle 12 Carolina 7
New England 23 Buffalo 21
Detroit 34 Minnesota 24
New Orleans 23 Atlanta 17
San Francisco 34 Green Bay 28
St. Louis 27 Arizona 24
N.Y. Giants at Dallas
Monday's games — All Times Eastern
Philadelphia at Washington, 6:55 p.m.
Houston at San Diego, 10:20 p.m.

CFL

WEEK 11

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	10	6	4	0	290	259	12
Hamilton	10	5	5	0	266	277	10
Montreal	10	4	6	0	245	285	8
Winnipeg	10	2	8	0	217	308	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Saskatchewan	10	8	2	0	325	227	16
Calgary	10	8	2	0	320	246	16
B.C.	10	6	4	0	265	266	12
Edmonton	10	1	9	0	234	294	2

Sunday's results
Toronto 37 Montreal 30
Winnipeg 25 Saskatchewan 13
Saturday's result
Hamilton 37 B.C. 29

MLS

Sunday's results
New York 4 Houston 1
Montreal at New England
D.C. at Chivas USA
Philadelphia at San Jose
Saturday's results
Kansas City 3 Columbus 0
FC Dallas 3 Vancouver 1
Seattle 2 Chicago 1
Colorado 1 Los Angeles 0
Portland 4 Toronto FC 0

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Horoscopes

♈ Aries
March 21 - April 20
You will meet some interesting people this week and if you want to be accepted into their group you are going to have to prove yourself.

♉ Taurus
April 21 - May 21
You will be challenged by some powerful people today but you have what it takes to meet that challenge.

♊ Gemini
May 22 - June 21
Mercury's change of signs indicates that the good times are coming back and by the end of the day you will be smiling again. Life is as good as you want it to be.

♋ Cancer
June 22 - July 23
You may be tempted to suppress your natural instincts in order to complete a task that others need done but is that such a good idea?

♌ Leo
July 24 - Aug. 23
Give yourself 100 per cent to whatever it is you have to do over the next few days. Forget about all the little things that you COULD be doing – there is one thing and one thing only that you SHOULD be doing.

♍ Virgo
Aug. 24 - Sept. 23
You have major obligations that cannot be run away from, so start the week in a serious frame of mind and make sure you get on top of your tasks from the word go. The sooner you start the sooner you win.

♎ Libra
Sept. 24 - Oct. 23
As Mercury moves into your sign today your confidence will start to pick up and you may be tempted to take a few risks. Don't.

♏ Scorpio
Oct. 24 - Nov. 22
If someone offers you something for nothing today there may very well be a catch, but it's just as likely they want you to share in their good fortune.

♐ Sagittarius
Nov. 23 - Dec. 21
Take time out from your busy schedule to focus on things that make you happy. You have done so much for other people in recent weeks that you have neglected your own needs and desires. Time to make up for it.

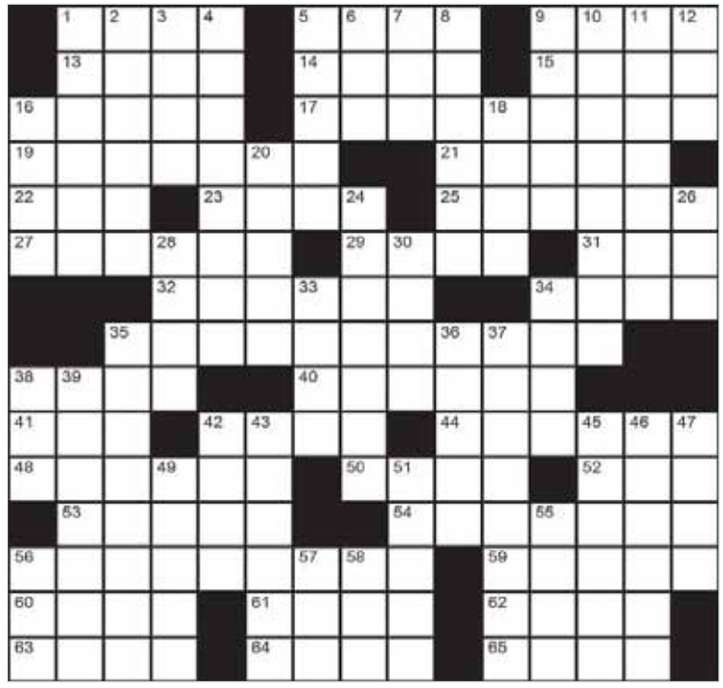
♑ Capricorn
Dec. 22 - Jan. 20
Do what you feel like doing today, even though others may frown and tell you that you're losing your competitive edge. It's not true, of course. Even a go-getter like you needs to slow down once in a while.

♒ Aquarius
Jan. 21 - Feb. 19
Do something dramatic today, something that makes the world sit up and take notice.

♓ Pisces
Feb. 20 - March 20
Let other people guide you today. Where money and business matters are concerned, in particular, the planets warn you don't have the necessary know-how to make decisions that will benefit you, so listen to the experts. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Irish actor Mr. Townsend, et al.
5. Gym bag item
9. Elbe tributary
13. Alphabetic sequence
14. Thomas Edison's middle name
15. Whirl
16. Loup-__ (Werewolf, in French)
17. Simulated combat game to 'dye' for
19. "On My Own" singer in Les Miserables
21. "__ _ say more?"
22. How non-prescription meds are sold [acronym]
23. Carpentry tool
25. Friend from way back: 2 wds.
27. Mini racing vehicle
29. Pots
31. 'Benedict' suffix
32. Theatre: Spanish
34. Preposition
35. 2014 Spring __ (What designers are showcasing at New York Fashion Week)
38. Greyish
40. Street for Big Bird
41. Margaret of laughs
42. Montreal-born humourist Mort
44. Watered the plants with a light spray
48. It separates Haida Gwaii and mainland BC, __ Strait
50. Scientific spots
52. Lennon's love
53. "__ Gantry" (1960)
54. Gist
56. Furnishings
59. Thoughts
60. Travel by __ (Choo! Choo!)
61. Bubbly chocolate bar
62. Load
63. About, on a company memo: 2 wds.
64. Throw for a __ (Astonish)
65. Scruff

Down
1. Awake or become focused: 2 wds.
2. "For Those About __ __ (We Salute You)" by AC/DC
3. Knowledgeable about: 2 wds.
4. Tree-climbing critter
5. Records
6. _ __ mode
7. Nero's 56
8. Artillery gun on wheels
9. Spherical
10. "Don't It Make Ya Feel" band from Vancouver
11. Dependent
12. Annex
16. Subj. with maps
18. Business contact nos.
20. Birth-related
24. Range in British Columbia, __ Mountains
26. Mr. DiCaprio, to pals
28. This Is Not _ __ (Label warning)
30. Goes bad, as food
33. Musician/radio personality John
34. Loonies
35. Canadian Hip-Hop star
36. Poetic feet
37. Something neglected to be done
38. "Oh!" in Germany
39. Taylor Swift's duet partner on "Everything Has Changed", Ed __
42. Footprint
43. Of the air
45. Get in shape: 2 wds.
46. Cover
47. John and Jane
49. Plentiful
51. He's simply fabulist!
55. John Diefenbaker's first wife
56. Prefix to 'angle'
57. Keanu's 'Matrix' role
58. Miracle-__ (Gardening product)

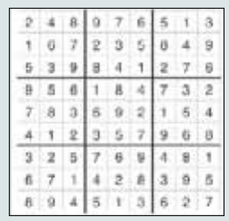
Friday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

			4	7				1
2		4		1		3		
					9			6
	3	1	8	9		7		
		9				1		
		7		5	4	9	8	
8			5					
		2		3		6		4
1				2	6			

Friday's Sudoku



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